

CUISINE IS WHEN THINGS TASTE LIKE THEMSELVES.

—Curnonsky (Maurice Edmond Sailland), French writer (1872–1956)

22

VEGETABLES



GREENS, San Francisco, CA
Chef Annie Somerville

AFTER STUDYING THIS CHAPTER, YOU WILL BE ABLE TO:

- identify a variety of vegetables
- purchase vegetables appropriate for your needs
- store vegetables properly
- understand how vegetables are preserved
- prepare vegetables for cooking or service
- apply various cooking methods to vegetables

Long overcooked and underrated, vegetables are enjoying a welcomed surge in popularity. Gone are the days when a chef included vegetables as an afterthought to the "meat and potatoes" of the meal. Now, properly prepared fresh vegetables are used to add flavor, color and variety to almost any meal. Many restaurants are featuring vegetarian entrées, an extensive selection of vegetable side dishes or an entire vegetarian menu. This trend reflects the demands of more knowledgeable and health-conscious consumers as well as the increased availability of high-quality fresh produce.

In this chapter, we identify many of the vegetables typically used by food service operations. (Potatoes, although they are vegetables, are discussed in Chapter 23, Potatoes, Grains and Pasta, while salad greens are discussed in Chapter 24, Salads and Salad Dressings.) Here we also discuss how fresh and preserved vegetables are purchased, stored and prepared for service or cooking. Many of the cooking methods analyzed in Chapter 10, Principles of Cooking, are then applied to vegetables.

The term **vegetable** refers to any herbaceous plant that can be partially or wholly eaten. An herbaceous plant has little or no woody tissue. The portions we consume include the leaves, stems, roots, tubers, seeds and flowers. Vegetables contain more starch and less sugar than fruits. Therefore vegetables tend to be savory, not sweet. Also unlike fruits, vegetables are most often eaten cooked, not raw.

IDENTIFYING VEGETABLES

This book presents fruits and vegetables according to the ways most people view them and use them, rather than by rigid botanical classifications. Although produce such as tomatoes, peppers and eggplants are botanically fruits, they are prepared and served like vegetables and are included here under the category we call "fruit-vegetables." Potatoes, although botanically vegetables, are discussed with other starches in Chapter 23, Potatoes, Grains and Pasta.

We divide vegetables into nine categories based upon either botanical relationship or edible part: cabbages, fruit-vegetables, gourds and squashes, greens, mushrooms and truffles, onions, pods and seeds, roots and tubers, and stalks. A vegetable may have several names, varying from region to region or on a purveyor's whim. The names given here follow generally accepted custom and usage.

CABBAGES

The *Brassica* or cabbage family includes a wide range of vegetables used for their heads, flowers or leaves. They are generally quick-growing, cool-weather crops. Many are ancient plants with unknown origins. They are inexpensive, readily available and easy to prepare.

BOK CHOY

Bok choy, also known as pok choy, is a white-stemmed variety of southern Chinese cabbage. The relatively tightly packed leaves are dark green, with long white ribs attached at a bulbous stem. The stalks are crisp and mild with a flavor similar to romaine lettuce. Although bok choy may be eaten raw, it is most often stir-fried or used in soups.

Choose heads with bright white stalks and dark green leaves; avoid those with brown, moist spots. Fresh bok choy is available all year. Jars of pickled and fermented bok choy (known as Korean kim chee) are also available.



Bok Choy

BROCCOLI

Broccoli, a type of flower, has a thick central stalk with grayish-green leaves topped with one or more heads of green florets. Broccoli may be eaten raw or steamed, microwaved or sautéed and served warm or cold. Broccoli stalks are extremely firm and benefit from blanching. Stems are often slow-cooked for soups. Generally, broccoli leaves are not eaten.

Choose firm stalks with compact clusters of tightly closed dark green florets. Avoid stalks with yellow flowers. Broccoli is available all year.



Broccoli

▶ PROCEDURE FOR CUTTING BROCCOLI SPEARS



Cut off the thick, woody portion of the stalk, then cut the florets and stems into spears.

BRUSSELS SPROUTS

Brussels sprouts (Fr. *choux de Bruxelles*) were first cultivated around 1700. The plant produces numerous small heads arranged in neat rows along a thick stalk. The tender young sprouts are similar to baby cabbages and are usually steamed or roasted. Brussels sprouts have a strong, nutty flavor that blends well with game, ham, duck or rich meats.

Choose small, firm sprouts that are compact and heavy. The best size is ¾ to 1½ inches (2 to 4 centimeters) in diameter. They should be bright green and free of blemishes. Their peak season is from September through February.



Brussels Sprouts

CAULIFLOWER

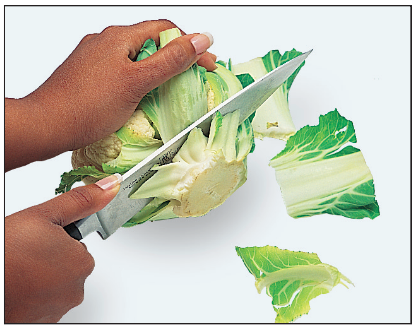
Cauliflower (Fr. *chou-fleur*) is the king of the cabbage family. Each stalk produces one flower or head surrounded by large green leaves. The head, composed of creamy white florets, can be cooked whole or cut into separate florets for steaming, blanching or stir-frying.

Choose firm, compact heads. Any attached leaves should be bright green and crisp. A yellow color or spreading florets indicate that the vegetable is overly mature. Cauliflower is available all year, especially from the late fall through the spring.



Cauliflower

▶ PROCEDURE FOR CUTTING CAULIFLOWER FLORETS



1 Cut off the stem and leaves.



2 Cut the florets off of the core.



Green and Red Cabbages

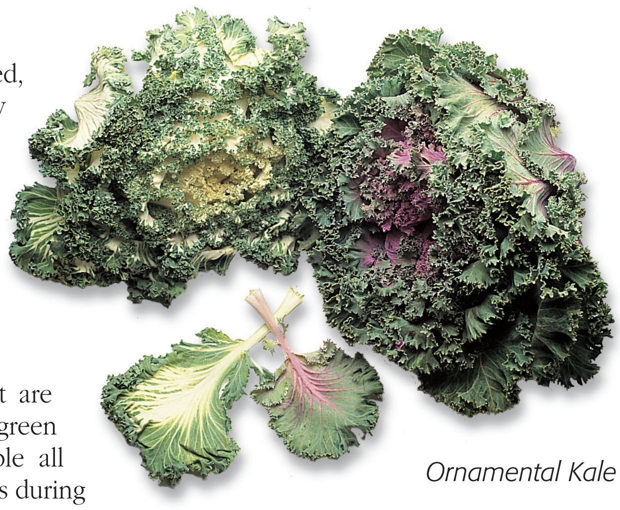
HEAD CABBAGES (GREEN AND RED)

Cabbage (Fr. *chou*) has been a staple of northern European cuisine for centuries. The familiar green cabbage has a large, firm, round head with tightly packed pale green leaves. Flat and cone-shaped heads are also available. Red (or purple) cabbage is a different strain and may be tougher than green cabbage. Cabbage can be eaten raw (as in coleslaw) or used in soups or stews; it can be braised, steamed or stir-fried. The large, waxy leaves can also be steamed until soft, then wrapped around a filling of seasoned meat.

Choose firm heads without dried cores. Cabbages are available all year.

KALE

Kale has large ruffled, curly or bumpy leaves. Its rather bitter flavor goes well with rich meats such as game, pork or ham. Kale is typically boiled, stuffed or used in soups.



Ornamental Kale

Choose leaves that are crisp, with a grayish-green color. Kale is available all year; its peak season is during the winter months.

Ornamental or flowering kale, sometimes marketed as "savoy," is edible, but its pink, purple, yellow or white-and-green variegated leaves are best used for decoration and garnish.



Kale

KOHLRABI

Although it looks rather like a round root, kohlrabi is actually a bulbous stem vegetable created by crossbreeding cabbages and turnips. Both the leaves (which are attached directly to the bulbous stem) and the roots are generally removed before



Kohlrabi

sale. Depending on the variety, the skin may be light green, purple or green with a hint of red. The interior flesh is white, with a sweet flavor similar to turnips. (Kohlrabi can be substituted for turnip in many recipes.) Younger plants are milder and more tender than large, mature ones. The outer skin must be removed from mature stems; young stems need only to be well scrubbed before cooking. Kohlrabi can be eaten raw, or it can be cooked (whole, sliced or diced) with moist-heat cooking methods such as boiling and steaming. Kohlrabi may also be hollowed out and stuffed with meat or vegetable mixtures.

Choose small, tender stems with fresh, green leaves. Peak season for kohlrabi is from June through September.

NAPA CABBAGE

Napa cabbage, also known as Chinese cabbage, is widely used in Asian cuisines. It has a stout, elongated head with relatively tightly packed, firm, pale green leaves. It is moister and more tender than common green and red cabbages, with a milder, more delicate flavor. Napa cabbage may be eaten raw but is particularly well suited for stir-frying or steaming.

Choose heads with crisp leaves that are free of blemishes. Napa cabbage is available fresh all year.



Napa Cabbage

SAVOY

Savoy cabbage has curly or ruffled leaves, often in variegated shades of green and purple. (The term *savoyed* is used to refer to any vegetable with bumpy, wavy or wrinkled leaves.) Savoy cabbage tends to be milder and more tender than regular cabbages and can be substituted for them, cooked or uncooked. Savoy leaves also make an attractive garnish.

Choose heads that are loose or tight, depending on the variety, with tender, unblemished leaves. Peak season is from August through the spring.



Savoy

FRUIT-VEGETABLES

Botanists classify avocados, eggplants, peppers and tomatoes as fruits because they develop from the ovary of flowering plants and contain one or more seeds. Chefs, however, prepare and serve them like vegetables; therefore they are discussed here.

AVOCADOS

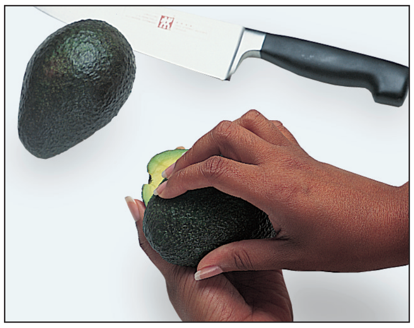
Avocados include several varieties of pear-shaped fruits with rich, high-fat flesh. This light golden-green flesh surrounds a large, inedible, oval-shaped seed (pit). Some varieties have smooth, green skin; others have pebbly, almost black skin. Avocados should be used at their peak of ripeness, a condition that lasts only briefly. Firm avocados lack the desired flavor and creamy texture. Ripe avocados should be soft to the touch but not mushy. Ripe Haas avocados have almost-black skins; the skins of the other varieties remain green when ripe. Firm avocados can be left at room temperature to ripen, then refrigerated for one or two days. Avocados are most often used raw to garnish salads, mashed or puréed for sauces, sliced for sandwiches or diced for omelets. Avocado halves are popular containers for chilled meat, fish, shellfish or poultry salads. Because avocado flesh turns brown very quickly once cut, dip avocado halves or slices in lemon juice and keep unused portions tightly covered with plastic wrap.



Avocados

Choose avocados that are free of blemishes or moist spots. The flesh should be free of dark spots or streaks. Available all year, the peak season for Haas avocados is April through October; for Fuertes avocados, it is November through April.

▶ PROCEDURE FOR CUTTING AND PITTING AVOCADOS



1 Cut the avocado in half lengthwise. Separate the two halves with a twisting motion.



2 Insert a chef's knife into the pit and twist to remove.



3 Scoop the flesh out of the skin with a large spoon.

EGGPLANT: TO SALT OR NOT TO SALT?

Eggplants are filled with cells that contain water and are surrounded by tiny air pockets. The presence of heat will squeeze the air out of the pockets. If the eggplant has not been salted, oil is then free to seep into these pockets and the eggplant becomes soggy when fried.

But when salt is sprinkled on an eggplant, it draws the water out of the cells. The cells then collapse, which in turn makes the air pockets collapse. As a result, no oil can seep into the tiny pockets during the frying process.

—DANIEL ZWERDLING, senior correspondent with National Public Radio. This sidebar originally appeared in *Gourmet.*

EGGPLANTS

Two types of eggplants (Fr. *aubergine*) are commonly available: Asian and western. Asian varieties are either round or long and thin, with skin colors ranging from creamy white to deep purple. Western eggplants, which are more common in the United States, tend to be shaped like a plump pear with a shiny lavender to purple-black skin. Both types have a dense, khaki-colored flesh with a rather bland flavor that absorbs other flavors well during cooking. Eggplants can be grilled, baked, steamed, fried or sautéed. They are commonly used in Mediterranean and East Indian cuisines (especially in vegetarian dishes), but also appear in European and North American dishes. The skin may be left intact or removed before or after cooking, as desired. Sliced eggplants may be salted and left to drain for 30 minutes to remove moisture and bitterness before cooking.



Western Eggplant



Japanese Eggplant

Choose plump, heavy eggplants with a smooth, shiny skin that is not blemished or wrinkled. Asian varieties tend to be softer than western. Eggplants are available all year; their peak season is during the late summer.



Asian Eggplants

PEPPERS

Members of the *Capsicum* family are native to the New World. When "discovered" by Christopher Columbus, he called them "peppers" because of their sometimes fiery flavor. These peppers, which include sweet peppers and hot peppers (chiles), are unrelated to peppercorns, the Asian spice for which Columbus was actually searching. Interestingly, New World peppers were readily accepted in Indian and Asian cuisines, in which they are now considered staples.

Fresh peppers are found in a wide range of colors—green, red, yellow, orange, purple or white—as well as shapes, from tiny teardrops to cones to spheres. They have dense flesh and a hollow central cavity. The flesh is lined with placental ribs (the white internal veins), to which tiny yellowish-white seeds are attached. A core of seeds is also attached to the stem end of each pepper.

Chile peppers get their heat from capsaicin, which is found not in the flesh or seeds, but in the placental ribs. Thus a pepper's heat can be greatly reduced by carefully removing the ribs and attached seeds. Generally, the smaller the chile, the hotter it is. The amount of heat varies from variety to variety, however, and even from one pepper to another depending on growing conditions. Hot, dry conditions result in hotter peppers than do cool, moist conditions. A pepper's heat can be measured by Scoville Heat Units, a subjective rating in which the sweet bell pepper usually rates 0 units, the jalapeño rates from 2500 to 5000 units, the tabasco rates from 30,000 to 50,000 units and the habanero rates a whopping 100,000 to 300,000 units.

When selecting peppers, choose those that are plump and brilliantly colored with smooth, unblemished skins. Avoid wrinkled, pitted or blistered peppers. A bright green stem indicates freshness.



Green Bell Pepper

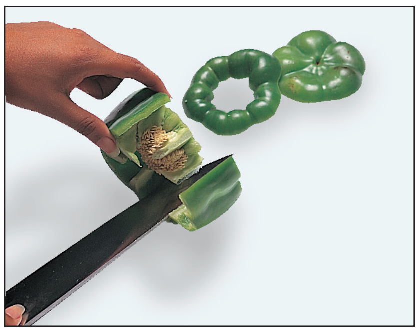
Sweet Peppers

Common sweet peppers, known as bell peppers, are thick-walled fruits available in green, red, yellow, purple, orange and other colors. They are heart-shaped or boxy, with a short stem and crisp flesh. Their flavor is warm, sweet (red peppers tend to be the sweetest) and relatively mild. Raw bell peppers may be sliced or diced and used in salads or sandwiches. Bell peppers can also be stuffed and baked, grilled, fried, sautéed or puréed for soups, sauces or condiments. Green bell peppers are available all year; other colors are more readily available during the summer and fall.



Red and Yellow Bell Peppers

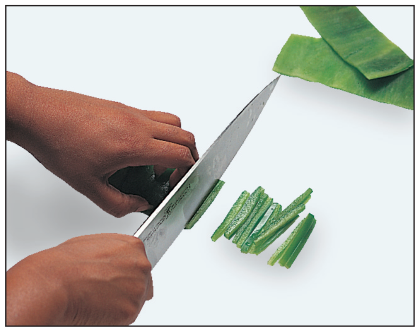
▶ PROCEDURE FOR CUTTING PEPPERS JULIENNE



1 Trim off the ends of the pepper; cut away the seeds and core.



2 Cut away the pale ribs, trimming the flesh to the desired thickness.



3 Slice the flesh in julienne.

A PEPPER BY ANY OTHER NAME

The popularity of southwestern cuisine, hot condiments and salsas has brought with it a new appreciation and respect for chiles. Diners, and chefs, may find the names given to the various chiles confusing, however. Most chiles can be used either fresh or dried; drying changes not only the pepper's flavor, but also its name. Regional variations in chile names also add to the confusion. Several of the more frequently encountered chiles are listed here according to the names most commonly used for both their fresh and dried forms:

Fresh (*Fresca*)	**Dried (*Seco*)**
Anaheim	Mild Red or California
Ancho	Ancho or Pastilla
Chilaca	Pastilla or Negro
Jalapeño	Chipotle (smoked)
Mirasol	Guajillo
New Mexico Green	New Mexico Red
New Mexico Red	Chile Colorado
Pimento	Paprika
Poblano	Mulato

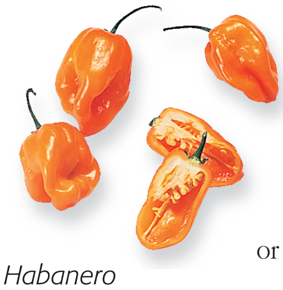
Hot Peppers

Hot peppers, also known as chiles, are also members of the *Capsicum* family. Although a chile's most characteristic attribute is its pungency, each chile actually has a distinctive flavor, from mild and rich to spicy and sweet to fiery hot.

Chiles are commonly used in Asian, Indian, Mexican and Latin American cuisines. The larger (and milder) of the hot peppers, such as Anaheim and poblano, can be stuffed and baked or sautéed as a side dish. Most chiles, however, are used to add flavor and seasoning to sauces and other dishes.



(clockwise from bottom left) Red and Green Serrano, Green and Red Jalapeño, Yellow Hot, Poblano and Anaheim Chiles



Habanero

Fresh chiles are available all year and are also available canned in a variety of processed forms such as whole or diced, roasted, pickled or marinated.

▶ PROCEDURE FOR CORING JALAPEÑOS



Cut the jalapeño in half lengthwise. Push the core and seeds out with your thumb. You can avoid burning your fingers by wearing rubber gloves when working with hot chiles.

Dried chiles are widely used in Mexican, Central American and southwestern cuisines. They can be ground to create a powdered spice called chilli or soaked in a liquid, and then puréed for sauces or condiments. Drying radically alters the flavor of chiles, making them stronger and more pungent. Just as one type of fresh chile cannot be substituted for another without altering a dish's flavor, so too dried chiles cannot be substituted without flavor changes.

Choose dried chiles that are clean and unbroken, with some flexibility. Avoid any with white spots or a stale aroma.



Dried Chiles: (top to bottom) California, Ancho, De Árbol

▶ PROCEDURE FOR ROASTING PEPPERS



1 Roast the pepper over an open flame until completely charred.



2 Place the pepper in a plastic bag to sweat for a few minutes, then remove the burnt skin and rinse under running water.

TOMATILLOS

Tomatillos, also known as Mexican or husk tomatoes, grow on small, weedy bushes. They are bright green, about the size of a small tomato, and are covered with a thin, papery husk. They have a tart, lemony flavor and crisp, moist flesh. Although they are an important ingredient in southwestern and northern Mexican cuisines, tomatillos may not be readily available in other areas. Tomatillos can be used raw in salads, puréed for salsa or cooked in soups, stews or vegetable dishes.

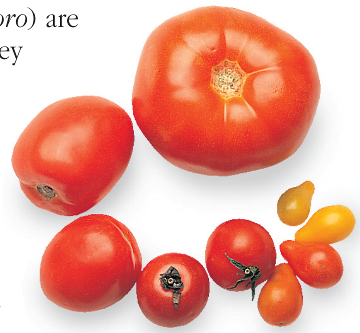
Choose tomatillos whose husks are split but still look fresh. The skin should be plump, shiny and slightly sticky. They are available all year; their peak season is during the summer and fall.



Tomatillos

TOMATOES

Tomatoes (Fr. *tomate* or *pomme d'amour;* It. *pomodoro*) are available in a wide variety of colors and shapes. They vary from green (unripe) to golden yellow to ruby red; from tiny spheres (currant tomatoes) to huge, squat ovals (beefsteak). Some, such as the plum tomato, have lots of meaty flesh with only a few seeds; others, such as the slicing tomato, have lots of seeds and juice, but only a few meaty membranes. All tomatoes have a similar flavor, but the levels of sweetness and acidity vary depending on the species, growing conditions and ripeness at harvest.



(clockwise from lower right) Pear, Cherry, Plum and Beefsteak Tomatoes

Because tomatoes are highly perishable, they are usually harvested when mature but still green (unripe), then shipped to wholesalers who ripen them in temperature- and humidity-controlled rooms. The effect on flavor and texture is unfortunate.

Tomatoes are used widely in salads, soups, sauces and baked dishes. They are most often eaten raw, but can be grilled, pickled, pan-fried, roasted or sautéed as a side dish.

Choose fresh tomatoes that are plump with a smooth, shiny skin. The color should be uniform and true for the variety. Tomatoes are available all year; most varieties have a summer peak season. Many canned tomato products are also available (for example, purée, paste, sauce or stewed whole). Sun-dried and air-dried tomatoes are available in crumbs, pieces, slivers or halves, dry or packed in oil. The dry-pack version can be soaked in oil or steeped in hot water to soften before use.



Sun-Dried Tomatoes

THREE TREASURES OF THE NEW WORLD

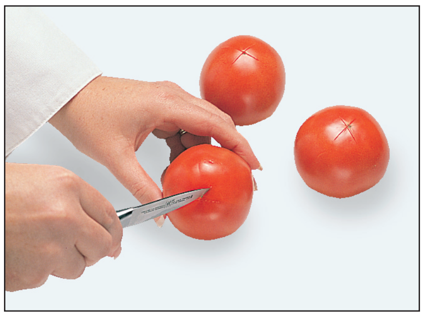
In lieu of many spices, golden treasures and precious gems, early Spanish explorers returned to Spain with items of much greater significance: tomatoes, potatoes and corn. Unfortunately for those who financed the voyagers, the value of this produce was not immediately appreciated.

The Spanish and the Italians hailed the tomato (whose name comes from the Aztec name *tomatl*) as an aphrodisiac—perhaps because of its resemblance to the human heart—when it arrived from the New World during the 16th century. But even though tomatoes soon became part of Spanish and Italian cuisines, most other Europeans, New World colonists and, later, Americans considered tomatoes poisonous. (There is some truth to this notion: tomato vines and leaves contain tomatine, an alkaloid that can cause health problems.) Thus for many years and in many societies, only the adventurous ate tomatoes.

The potato, first delivered to Europe from its native Peru by Francisco Pizarro in the 16th century, did not win wide acceptance in haute cuisine until Antoine-Augustin Parmentier (1737–1813), a French army pharmacist, induced King Louis XVI of France (who reigned from 1775 to 1793) to try one. The king and his courtiers liked them so much they even began wearing potato blossom boutonnières. Parmentier was ultimately honored for his starchy contribution to French cuisine by having several potato dishes named for him, such as *potage Parmentier* (potato soup). Not only did Parmentier lobby for the acceptance of the potato as a food fit for a king, he also prophesied that the potato would make starvation impossible. Potatoes ultimately did become a staple of many diets. But, sadly, the converse of Parmentier's prophecy came true during the Irish potato famine of 1846–1848, when a terrible blight destroyed the potato crop. Nearly 1.5 million people died, and an equal number emigrated to the United States. They brought with them a cuisine that incorporated potatoes; thus an appreciation of the common potato was reintroduced to its native land.

When returning from his second voyage to the New World, Columbus took corn with him. Called *mahiz* or *maize* by West Indian natives, corn had been a staple of Central American diets for at least 5000 years. Although Europeans did not actively shun corn as they did tomatoes and potatoes, corn never really caught on in most of Europe. (As with another famous New World import, corn's origin was mistakenly attributed by the British, Dutch, Germans and Russians to Turkey. They called corn "Turkish wheat"; the Turks simply called it "foreign grain.") Grown for human consumption mostly in Italy, Spain and southwestern France, corn was and still is usually eaten ground and boiled as polenta. But despite an unenthusiastic European reception, corn's popularity quickly spread well beyond Europe: Within 50 years of Columbus's journey, corn was being cultivated in lands as distant from the New World as China, India and sub-Saharan Africa.

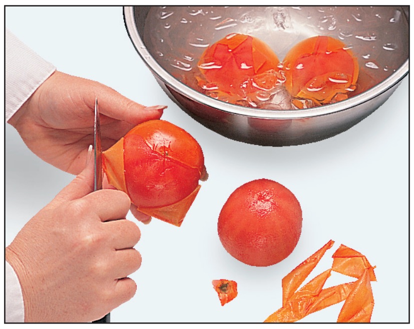
▶ PROCEDURE FOR PREPARING TOMATO CONCASSÉE



1 With a paring knife, mark an X on the bottom of the tomato just deep enough to penetrate the skin.



2 Blanch the tomato in boiling water for 20 seconds; refresh in ice water.



3 Using a paring knife, cut out the core and peel the tomato.



4 Cut the tomato in half horizontally and squeeze out the seeds and juice.



5 Chop or dice the tomato as desired for the recipe.

GOURDS AND SQUASHES

The *Cucurbitaceae* or gourd family includes almost 750 species; its members are found in warm regions worldwide. Gourds are characterized by large, complex root systems with quick-growing, trailing vines and large leaves. Their flowers are often attractive and edible. Although some members of the gourd family originated in Africa, chayotes and most squashes are native to the Americas.

CHAYOTES



Chayotes

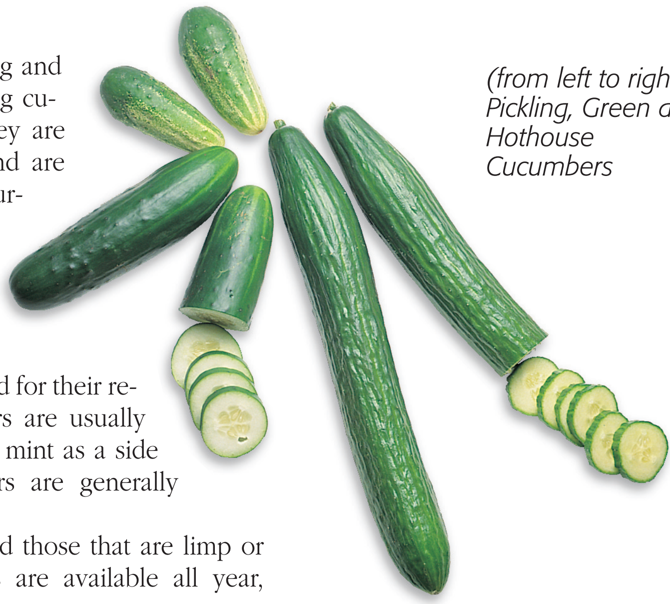
The chayote, also known as the merliton or vegetable pear, is a food staple throughout Central America. The vine bears slightly lumpy, pear-shaped fruits with a smooth, light green skin and a paler green flesh. There is a single white, edible seed in the center. Chayotes are starchy and very bland and are usually combined with more flavorful ingredients. They may be eaten raw, but their flavor and texture benefit from roasting, steaming, sautéing or grilling.

Choose chayotes that have well-colored skin with few ridges. Avoid those with very soft spots or bruises. Their peak season is the late fall and winter.

CUCUMBERS

Cucumbers can be divided into two categories: pickling and slicing. The two types are not interchangeable. Pickling cucumbers include the cornichon, dill and gherkin. They are recognizable by their sharp black or white spines and are quite bitter when raw. Slicing cucumbers include the burpless, the seedless English (or hothouse), the lemon (which is round and yellow) and the common green market cucumber. Most have relatively thin skins and may be marketed with a wax coating to prevent moisture loss and improve appearance. Waxed skins should be peeled. All cucumbers are valued for their refreshing cool taste and astringency. Slicing cucumbers are usually served raw, in salads or mixed with yogurt and dill or mint as a side dish, especially for spicy dishes. Pickling cucumbers are generally served pickled, with no further processing.

Choose cucumbers that are firm but not hard. Avoid those that are limp or yellowed or have soft spots. The common varieties are available all year, although peak season is from April through October.

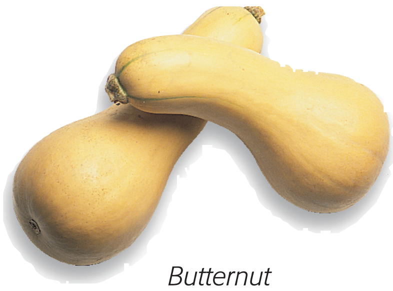


(from left to right) Pickling, Green and Hothouse Cucumbers


Acorn


Spaghetti


Banana


Butternut

SQUASHES

Squashes are the fleshy fruits of a large number of plants in the gourd family. Many varieties are available in a range of colors, shapes and sizes. Squashes can be classified as winter or summer based on their peak season and skin type. All squashes have a center cavity filled with many seeds, although in winter varieties the cavity is more pronounced. Squash blossoms are also edible: They may be added to salads raw, dipped in batter and deep-fried or filled with cheese or meat and baked.

Choose squashes with unbroken skins and good color for the variety. Avoid any squash with soft, moist spots.


Pumpkin

Winter Squashes

Winter squashes include the acorn, banana, butternut, Hubbard, pumpkin and spaghetti varieties. They have hard skins (shells) and seeds, neither of which is generally eaten. The flesh, which may be removed from the shell before or after cooking, tends to be sweeter and more strongly flavored than that of summer squash. Winter squashes are rarely used raw; they can be baked, steamed or sautéed. Most winter squashes can also be puréed for soups or pie fillings. Their peak season is October through March.


Yellow Crookneck

Summer Squashes

Summer squashes include the pattypan, yellow crookneck and zucchini varieties. They have soft edible skins and seeds that are generally not removed before cooking. Most summer squashes may be eaten raw, but are also suitable for grilling, sautéing, steaming or baking. Although summer squashes are now available all year, their peak season is April through September.


Zucchini

GREENS

The term *greens* refers to a variety of leafy green vegetables that may be served raw, but are usually cooked. Greens have long been used in the cuisines of India, Asia and the Mediterranean and are an important part of regional cuisine in the southern United States. Most have strong, spicy flavors. The milder varieties of greens that are almost always eaten raw include the lettuces discussed in Chapter 24, Salads and Salad Dressings.

Greens have an extremely high water content, which means that cooking causes drastic shrinkage. As a general rule, allow 8 ounces (250 grams) per portion before cooking.

Choose young, tender greens with good color and no limpness. Avoid greens with dry-looking stems or yellow leaves. Most greens are available fresh all year, especially from November through June. The more popular greens are also available canned or frozen.



Collard Greens

COLLARDS

Collard greens, often simply referred to as collards, are a type of cabbage with loose, leafy heads of bright green leaves. Collards have a sharp, tangy flavor and look like a cross between mustard greens and kale. Considered a staple ingredient in poverty cooking of the American South, collards are typically slow-simmered with ham hocks or bacon until very tender, then served with their cooking liquid. Collards are high in iron and vitamins A and C and are best if picked young or after the first frost of autumn.



Mustard

MUSTARD

Mustard, a member of the cabbage family, was brought to America by early European immigrants. Mustard has large, dark green leaves with frilly edges. It is known for its assertive, bitter flavor. Mustard greens can be served raw in salads or used as garnish. They can also be cooked, often with white wine, vinegar and herbs.

Choose crisp, bright green leaves without discoloration.



Sorrel

SORREL

Sorrel is an abundant and rather ordinary wild member of the buckwheat family. Its tartness and sour flavor are used in soups and sauces and to accent other vegetables. It is particularly good with fatty fish or rich meats. Sorrel leaves naturally become the texture of a purée after only a few minutes of moist-heat cooking.

Choose leaves that are fully formed, with no yellow blemishes.

SPINACH



Spinach

Spinach (Fr. *épinard*) is a versatile green that grows rapidly in cool climates. It has smooth, bright green leaves attached to thin stems. Spinach may be eaten raw in salads, cooked by almost any moist-heat method, microwaved or sautéed. It can be used in stuffings, baked or creamed dishes, soups or stews. Spinach grows in sandy soil and must be rinsed repeatedly in cold water to remove all traces of grit from the leaves. It bruises easily and should be handled gently during washing. Stems and large midribs should be removed.

Choose bunches with crisp, tender, deep green leaves; avoid yellow leaves or those with blemishes.



Swiss Chard

SWISS CHARD

Chard—the reference to "Swiss" is inexplicable—is a type of beet that does not produce a tuberous root. It is used for its wide, flat, dark green leaves. Chard can be steamed, sautéed or used in soups. Its tart, spinachlike flavor blends well with sweet ingredients such as fruit.

Choose leaves that are crisp, with some curliness or savoying. Ribs should be an unblemished white or red.

TURNIP GREENS

The leaves of the turnip root have a pleasantly bitter flavor, similar to peppery mustard greens. The dark green leaves are long, slender and deeply indented. Turnip greens are best eaten steamed, sautéed, baked or microwaved.



Turnip Greens

MUSHROOMS AND TRUFFLES

MUSHROOMS

Mushrooms (Fr. *champignon;* It. *funghi*) are members of a broad category of plants known as fungi. (Fungi have no seeds, stems or flowers; they reproduce through spores.) Mushrooms have a stalk with an umbrellalike top. Although not actually a vegetable, mushrooms are used and served in much the same manner as vegetables.

Several types of cultivated mushroom are available. They include the common (or white), shiitake, crimini (also known as the Italian brown), straw, enokidake (also called enoki) and cloud ear (also known as wood ear or Chinese black). Button mushrooms are the smallest, most immature form of the common mushroom. The largest cultivated mushroom is the portabella, which is actually an overgrown crimini; it can grow up to 6 inches (15 centimeters) in diameter.

Many wild mushrooms are gathered and sold by specialty purveyors. Because wild mushroom spores are spread around the world by air currents, the same item may be found in several areas, each with a different common name. Wild mushrooms have a stronger earthy or nutty flavor than cultivated mushrooms, and should generally be cooked before eating.

Mushrooms, whether cultivated or gathered from the wild, are available fresh, canned or dried. Because mushrooms are composed of up to 80 percent water, dried products are often the most economical, even though they may cost hundreds of dollars per pound. Dried mushrooms can be stored in a cool, dry place for months. When needed, they are rehydrated by soaking in warm water until soft, approximately 10–20 minutes.



Portabella



Black Trumpet



Clam Shell



Pom Pom Blanc



Hen of the Woods



Shiitake



Porcini (cèpe or cep)



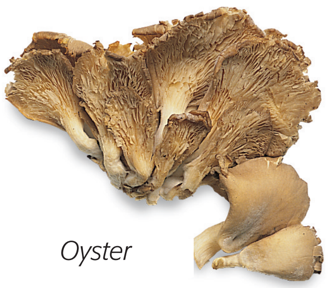
Morel



White



Enokidake



Oyster

SAFETY ALERT

MUSHROOM SAFETY

Some mushrooms are deadly; others can cause severe illness. Picking edible mushrooms in the wild is not simply a process of comparing specimens with photographs or illustrations in a guidebook. So, do not gather mushrooms from the wild unless you are accompanied by a well-trained, experienced mycologist or guide. Always purchase wild mushrooms from reputable purveyors.

Choose fresh mushrooms that are clean, without soft or moist spots or blemishes. Fresh cultivated mushrooms are generally available all year; fresh wild mushrooms are available seasonally, usually during the summer and fall. Cultivated mushrooms with exposed gills (the ridges on the underside of the umbrellalike top) are old and should be avoided. Fresh mushrooms can be refrigerated in an open container for up to five days. Normally, it is not necessary to peel mushrooms; if they are dirty, they should be quickly rinsed (not soaked) in cool water just before use.

TRUFFLES

Truffles are actually tubers that grow near the roots of oak or beech trees. They can be cultivated only to the extent that oak groves are planted to encourage truffle growth. The two principal varieties are the Périgord (black) and the Piedmontese (white). Fresh truffles are gathered in the fall and are rarely marketed outside their locale. Truffles, especially white ones, have a strong aroma and flavor, requiring only a small amount to add their special flavor to soups, sauces, pasta and other items. Black truffles are often used as a garnish or to flavor pâtés, terrines or egg dishes. Because fresh imported truffles can cost several hundred dollars per pound, most kitchens purchase truffles canned, dried or processed.



Black Truffles

▶ PROCEDURE FOR FLUTING MUSHROOMS



Use the sharp edge of a straight paring knife to cut thin curves into the mushroom cap. Fluted mushrooms may be baked or poached, then used as garnish.

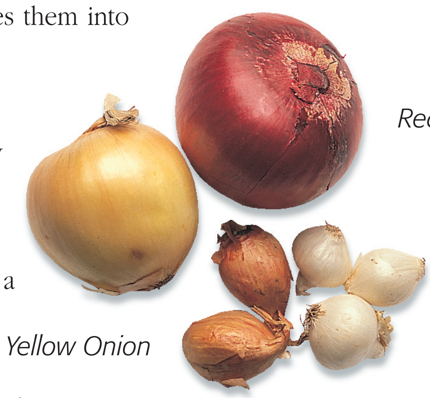
ONIONS

Onions are strongly flavored, aromatic members of the lily family. Most have edible grasslike or tubular leaves. Almost every culture incorporates them into its cuisine as a vegetable and for flavoring.

BULB ONIONS

Common or bulb onions (Fr. *oignons*) may be white, yellow (Bermuda or Spanish) or red (purple). Medium-sized yellow and white onions are the most strongly flavored. Larger onions tend to be sweeter and milder. Widely used as a flavoring ingredient, onions are indispensable in mirepoix. Onions are also prepared as a side dish by deep-frying, roasting, grilling, steaming or boiling.

Pearl onions are small, about ½ inch (1.25 centimeters) in diameter, with yellow or white skins. They have a mild flavor and can be grilled, boiled, roasted or sautéed whole as a side dish, or used in soups or stews.

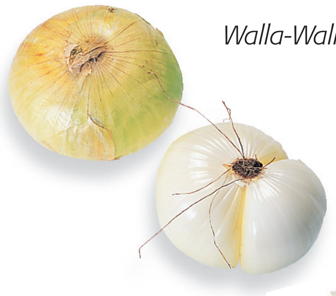


Red Onion

Yellow Onion

Pearl Onions

Shallots


Walla-Walla Sweet Onions

Sweet onion varieties include the Vidalia, Maui, Walla-Walla, Texas 1015 SuperSweet and OSO Sweet. These bulb onions have a higher water content, more sugar and less sulfuric compounds than other onions. They are best for eating raw, making them good choices for sandwiches, salads, hamburgers and the like. Cooking destroys much of their perceived sweetness and special flavor. Each sweet onion variety is available for a brief period from January through August. All have a very short shelf life and should not be stored more than a few weeks.


White Onions

Choose onions that are firm and dry and feel heavy. The outer skins should be dry and brittle. Avoid onions that have begun to sprout. Store onions in a cool, dry, well-ventilated area. Do not refrigerate onions until they are cut. With the exception of sweet onions, most varieties are available all year.

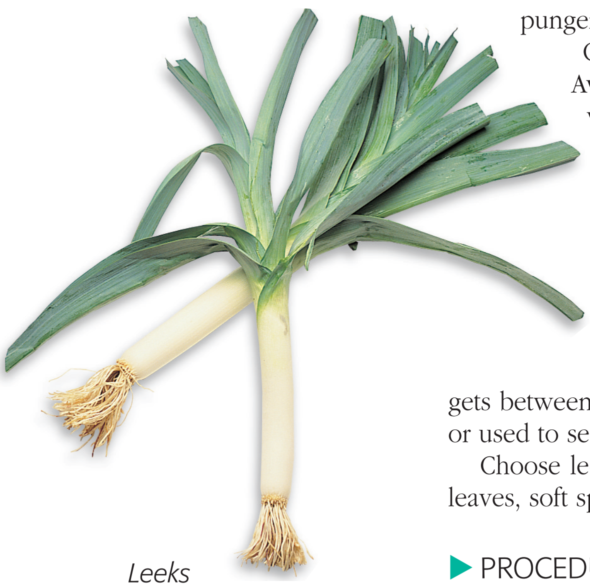
GARLIC


Garlic

Garlic (Fr. *ail;* Sp. *ajo*) is also used in almost all the world's cuisines. A head of garlic is composed of many small cloves. Each clove is wrapped in a thin husk or peel; the entire head is encased in several thin layers of papery husk. Of the three hundred or so types of garlic known, only three are commercially significant. The most common is pure white, with a sharp flavor. A Mexican variety is pale pink and more strongly flavored. Elephant garlic is apple-sized and particularly mild. Although whole bulbs can be baked or roasted, garlic is most often separated into cloves, peeled, sliced, minced or crushed and used to flavor a wide variety of dishes. When using garlic, remember that the more finely the cloves are crushed, the stronger the flavor will be. Cooking reduces garlic's pungency; the longer it is cooked, the milder it becomes.

Choose firm, dry bulbs with tightly closed cloves and smooth skins. Avoid bulbs with green sprouts. Store fresh garlic in a cool, well-ventilated place; do not refrigerate. Fresh garlic is available all year. Jars of processed and pickled garlic products are also available.

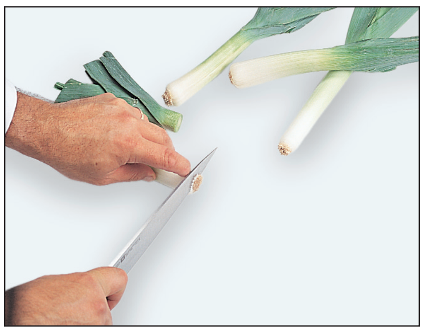
LEEKS


Leeks

Leeks (Fr. *poireaux*) look like large, overgrown scallions with a fat white tip and wide green leaves. Their flavor is sweeter and stronger than scallions, but milder than common bulb onions. Leeks must be carefully washed to remove the sandy soil that gets between the leaves. Leeks can be baked, braised or grilled as a side dish, or used to season stocks, soups or sauces.

Choose leeks that are firm, with stiff roots and stems. Avoid those with dry leaves, soft spots or browning. Leeks are available all year.

▶ PROCEDURE FOR CLEANING LEEKS



1 Trim the root end from the leek.



2 Cut away the dark green top and slice the white portion in half lengthwise.



3 Rinse the leek thoroughly under running water to remove soil.

SCALLIONS

Scallions, also known as green onions or bunch onions, are the immature green stalks of bulb onions. The leaves are bright green with either a long and slender or slightly bulbous white base. Green onions are used in stir-fries and as a flavoring in other dishes. The green tops can also be sliced in small rings and used as a garnish.

Choose scallions with bright green tops and clean white bulbs. Avoid those with limp or slimy leaves. Scallions are available all year; their peak season is the summer.



Scallions

SHALLOTS

Shallots (Fr. *échalotes*) are shaped like small bulb onions with one flat side. When peeled, a shallot separates into multiple cloves, similar to garlic. They have a mild, yet rich and complex flavor. Shallots are the basis of many classic sauces and meat preparations; they can also be sautéed or baked as a side dish.

Choose shallots that are plump and well shaped. Avoid those that appear dry or have sprouted. Store shallots in a cool, dry, unrefrigerated place. Shallots are available all year.



Shallots

PODS AND SEEDS

Pod and seed vegetables include corn, legumes and okra. They are grouped together here because the parts consumed are all the seeds of their respective plants. In some cases, only the seeds are eaten; in others, the pod containing the seeds is eaten as well. Seeds are generally higher in protein and carbohydrates (starch and fiber) than other vegetables.

CORN

Sweet corn (Fr. *maïs;* Sp. *maíz*) is actually a grain, a type of grass. Corn kernels, like peas, are plant seeds. (Dried corn products are discussed in Chapter 23, Potatoes, Grains and Pasta.) The kernels, which may be white or yellow, are attached to a woody, inedible cob. The cob is encased by strands of hairlike fibers called silks and covered in layers of thin leaves called husks. Shuck the ears (remove the silks and husks) prior to cooking; although the husks may be left on for roasting or grilling. Shucked ears can be grilled, boiled, microwaved or steamed. The kernels can be cut off of the cob before or after cooking. Corn on the cob is available fresh or frozen; corn kernels are available canned or frozen.



Yellow and White Corn

Choose freshly picked ears with firm, small kernels. Avoid those with mold or decay at the tip of the cob or brownish silks. Summer is the peak season for fresh corn.

▶ PROCEDURE FOR CUTTING KERNELS OFF EARS OF CORN



Hold the cob upright and use a chef's knife to slice off the kernels.

LEGUMES

Beans (Fr. *haricots;* It. *fagiolio*) and peas (Fr. *pois*) are members of the legume family, a large group of vegetables with double-seamed pods containing a single row of seeds. Of the hundreds of known varieties of beans, some are used for their edible pods, others for shelling fresh and some only for their dried seeds. Dried beans are actually several varieties of seeds or peas left in the pod until mature, then shelled and dried.



Green Beans



Haricots Verts

Fresh Beans

Beans used for their edible pods, commonly referred to as green beans, string beans, runner beans or snap beans, are picked when immature. Except for the stem, the entire pod can be eaten. This category includes the American green bean, the yellow wax bean and the French haricot vert, a long, slender pod with an intense flavor and tender texture. If there are any strings along the pod's seams, they should be pulled off before cooking. Beans may be left whole, cut lengthwise into thin slivers (referred to as French cut) or cut crosswise on the diagonal.

Shelling beans are those grown primarily for the edible seeds inside the pod. Common examples are flageolets, lima beans and fava (broad) beans. Their tough pods are not usually eaten.

All beans can be prepared by steaming, microwaving or sautéing. They can be added to soups or stews, and they blend well with a variety of flavors, from coconut milk to garlic and olive oil. Cooked beans can be chilled and served as a salad or crudité.

Choose beans that have a bright color without brown or soft spots. Large pods may be tough or bitter. The peak season for fresh beans is from April through December. Most bean varieties are available frozen or canned, including pickled and seasoned products.



Black Beans

Dried Beans



Black-Eyed Peas

Anthropologists report that for thousands of years, cultures worldwide have preserved some members of the legume family by drying. Common dried beans include kidney beans, pinto beans, chickpeas, lentils, black beans, black-eyed peas and split green peas. Shape is the clearest distinction among these products: Beans are oval or kidney-shaped; lentils are small, flat disks; peas are round.

Beans and peas destined for drying are left on the vine until they are fully matured and just beginning to dry. They are then harvested, shelled and quickly



Lentils

dried with warm air currents. Some dried legumes are sold split, which means the skin is removed, causing the seed's two halves to separate.

Most dried beans need to be soaked in water before cooking. Soaking softens and rehydrates the beans, thus reducing cooking time. Lentils and split peas generally do not require soaking, however, and will cook faster than beans. After soaking, beans are most often simmered or baked in a liquid until soft and tender. One type may be substituted for another in most recipes, although variations in color, starch content and flavor should be considered.

Dried beans and peas are available in bulk or in 1 pound (450 gram) polybags. They should be stored in a cool, dry place, but not refrigerated. Many of these beans are also available fully cooked, then canned or frozen. Some dried beans may be fermented or processed into flour, oil or bean curd.



Red Kidney Beans



Pinto Beans



Great Northern Beans

▶ PROCEDURE FOR SOAKING DRIED BEANS

1. Pick through the dried beans and remove any grit, pebbles or debris.
2. Place the beans in a bowl and cover with cold water; remove any skins or other items that float to the surface.
3. Drain the beans in a colander, then rinse under cold running water.
4. Return the beans to a bowl and cover with fresh cold water. Allow approximately 3 cups (750 milliliters) of water for each cup of beans.
5. Soak the beans in the cold water for the time specified in the recipe, usually several hours or overnight. Drain through a colander, discarding the water.

▶ PROCEDURE FOR QUICK-SOAKING DRIED BEANS

The soaking procedure can be accelerated by the following technique:

1. Rinse and pick through the beans.
2. Place the beans in a saucepan and add enough cool water to cover them by 2 inches (5 centimeters).
3. Bring to a boil and simmer for 2 minutes.
4. Remove from the heat, cover and soak for 1 hour.
5. Drain and discard the soaking liquid. Proceed with the recipe.

Fresh Shelling Peas

Of the shelling peas that are prepared fresh, the most common are green garden peas (English peas) and the French petit pois. Because they lose flavor rapidly after harvest, most shelling peas are sold frozen or canned. Shelling peas have a delicate, sweet flavor best presented by simply steaming until tender but still al dente. Peas may also be braised with rich meats such as ham or used in soups. Cooked peas are attractive in salads or as garnish.

Choose small fresh pea pods that are plump and moist. Peak season is April and May.

Fresh green **soy beans** (**soya**) (Japan: *edamame*) are becoming a popular shelling pea in the United States. When picked before maturity, soybeans have a light green, fuzzy pod and a tender, sweet pea. Fresh green soybeans are delicious steamed in the pod, then chilled, popped open and eaten out of hand as a snack. Often served in sushi restaurants or with other Asian cuisines, they are extremely high in protein, fiber and phytochemicals. When allowed to mature and then prepared like other dried beans, however, soybeans become extremely tough, hard to digest and bitter. Mature soybeans are best used for processing into oil, tofu, sauce and other foodstuffs.

Fresh Shelling Peas





Soy Beans



Snow Peas

Edible Pea Pods

Snow peas, also known as Chinese pea pods, are a common variety of edible pea pod. They are flat and have only a few very small green peas. Snow peas have a string along their seams that can be removed by holding the leafy stem and pulling from end to end. The pods can be eaten raw, lightly blanched or steamed, or stir-fried.

Another variety of edible pea pod is the sugar snap pea, a cross between the garden pea and snow pea, which was developed during the late 1970s. They are plump, juicy pods filled with small, tender peas. The entire pod is eaten; do not shell the peas before cooking.

Choose pea pods that are firm, bright green and crisp. Avoid those with brown spots or a shriveled appearance. Pea pods are available all year; their peak season is in March and April.



Okra

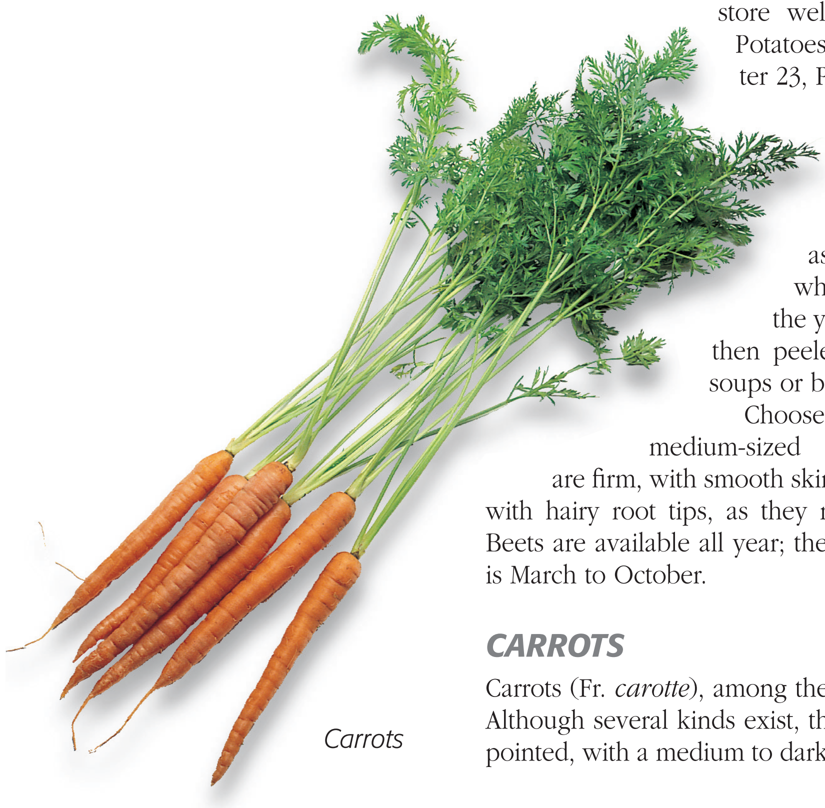
OKRA

Okra, a common ingredient in African and Arab cuisines, was brought to the United States by slaves and French settlers. It is now integral to Creole, Cajun, southern and southwestern cuisines. Its mild flavor is similar to asparagus. Okra is not eaten raw; it is best pickled, boiled, steamed, or deep-fried. Okra develops a gelatinous texture when cooked for long periods, so it is used to thicken gumbos and stews. To avoid the slimy texture some find objectionable, do not wash okra until ready to cook, then trim the stem end only. Cook okra in stainless steel because other metals cause discoloration.

Choose small to medium pods (1½ to 2 inches; 3.75 to 5 centimeters) that are deep green, without soft spots. Pale spears with stiff tips tend to be tough. Okra's peak season is from June through September. Frozen okra is widely available.

ROOTS AND TUBERS

Taproots (more commonly referred to as roots) are single roots that extend deep into the soil to supply the above-ground plant with nutrients. Tubers are fat underground stems. Most roots and tubers can be used interchangeably. All store well at cool temperatures, without refrigeration. Potatoes, the most popular tuber, are discussed in Chapter 23, Potatoes, Grains and Pasta.



Carrots

BEETS

Although records suggest that they were first eaten in ancient Greece, beets are most often associated with the colder northern climates, where they grow for most of the year. Beets can be boiled, then peeled and used in salads, soups or baked dishes.

Choose small to medium-sized beets that are firm, with smooth skins. Avoid those with hairy root tips, as they may be tough. Beets are available all year; their peak season is March to October.



Beets

CARROTS

Carrots (Fr. *carotte*), among the most versatile of vegetables, are large taproots. Although several kinds exist, the Imperator is the most common. It is long and pointed, with a medium to dark orange color. It has a mild, sweet flavor. Carrots

TOFU

Tofu or bean curd (Fr. *fromage de soja*) is a staple of Japanese and Chinese cuisines and is gaining acceptance in American kitchens because of its high nutritional value, low cost and flavor adaptability. Tofu is made by processing soybeans into "milk," which is then coagulated (nowadays with calcium sulfate). The curds are then placed in a perforated mold lined with cloth and pressed with a weight to remove the liquid. The result is a soft, creamy-white substance similar to cheese. Tofu is easy to digest and very high in protein, with very little fat and sodium and no cholesterol.

Tofu is an ancient foodstuff, probably created in China during the 2nd century A.D. It was introduced to Japan by Buddhist priests during the 8th century and was "discovered" by Western travelers during the 17th century. Today, Japanese tofu is said to be the finest, perhaps because of the superiority of the soybeans grown in the Yamato region, near the city of Kyoto. Japanese cuisine values the natural flavor and texture of tofu and uses it in a tremendous variety of ways. Chinese cuisine uses it as an additive, not as a principal ingredient.

Tofu may be eaten fresh; added to soup, broth or noodle dishes; tossed in cold salads; grilled, deep-fried or sautéed. Its flavor is bland, but it readily absorbs flavors from other ingredients.



Silken Tofu

Two types of tofu are widely available: cotton and silken. Cotton tofu is the most common. Its texture is firm, with an irregular surface caused by the weave of the cotton fabric in which it is wrapped for pressing. Silken tofu has a silky-smooth appearance and texture, and a somewhat more delicate flavor. Unlike cotton tofu, the water has not been pressed out of silken tofu. Consequently, silken tofu should not be cooked at high temperatures or for a long time, as it falls apart easily. The use of either type in most recipes is simply a matter of personal preference.

Fresh tofu is usually packaged in water. It should be refrigerated and kept in water until used. If the water is drained and changed daily, the tofu should last for one week.

can be cut into a variety of shapes and eaten raw, used for a mirepoix or prepared by moist-heat cooking methods, grilling, microwaving or roasting. They are also grated and used in baked goods, particularly cakes and muffins.

Choose firm carrots that are smooth and well shaped, with a bright orange color. If the tops are still attached, they should be fresh-looking and bright green. Carrots are available all year.

CELERY ROOT

Celery root, also known as celeriac, is a large, round root, long popular in northern European cuisines. It is a different plant from stalk celery, and its stalks and leaves are not eaten. Celery root has a knobby brown exterior; a creamy white, crunchy flesh and a mild, celerylike flavor. Its thick outer skin must be peeled away; the flesh is then cut as desired. Often eaten raw, celery root can be baked, steamed or boiled. It is used in soups, stews or salads and goes well with game and rich meats. Raw celery root may be placed in acidulated water to prevent browning.

Choose small to medium-sized roots that are firm and relatively clean, with a pungent smell. Their peak season is October through April.



Celery Root

JERUSALEM ARTICHOKE

Despite their name, Jerusalem artichokes are actually tubers from a variety of sunflower unrelated to artichokes. Consequently, growers are now marketing these vegetables as *sunchokes*. Their lumpy brown skin is usually peeled away (even though it is edible) to reveal a crisp, white interior with a slightly nutty flavor. They may be eaten raw, chopped or grated into salads, or boiled or steamed for a side dish or soup.



Sunchokes



Jicama

JICAMA

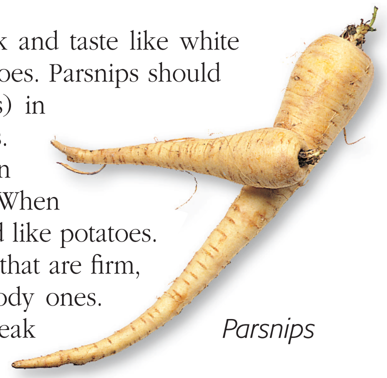
Jicama is actually a legume that grows underground as a tuber. It is becoming increasingly popular because of its sweet, moist flavor; crisp texture; low calorie content and long shelf life. After its thick brown skin is cut away, the crisp, moist white flesh can be cut as desired. Jicama is often eaten raw in salads, with salsa or as a crudité. It is also used in stir-fried dishes.

Choose firm, well-shaped jicamas that are free of blemishes. Size is not an indication of quality or maturity. They are available all year; their peak season is January through May.

PARSNIPS

Parsnips (Fr. *panais*) are taproots that look and taste like white carrots and have the texture of sweet potatoes. Parsnips should be 5 to 10 inches (12.5 to 25 centimeters) in length, with smooth skins and tapering tips. Parsnips, peeled like carrots, can be eaten raw or cooked by almost any method. When steamed until very soft, they can be mashed like potatoes.

Choose small to medium-sized parsnips that are firm, smooth and well shaped; avoid large, woody ones. Parsnips are available all year; their peak season is December through April.



Parsnips



Red Radishes

RADISHES

Radishes (Fr. *radis*) are used for their peppery flavor and crisp texture. Radishes are available in many colors, including white, black and all shades of red; most have a creamy to pure white interior. Asian radishes, known as daikons, produce roots 2 to 4 inches (5 to 10 centimeters) in diameter and 6 to 20 inches (15 to 20 centimeters) long. Radishes can be steamed or stir-fried, but most often are eaten raw, in salads or used as garnish. Radish leaves can be used in salads or cooked as greens.

Choose radishes that are firm, not limp. Their interior should be neither dry nor hollow. Radishes are available all year.



Daikon

RUTABAGAS

Rutabagas are a root vegetable and a member of the cabbage family. Their skin is purple to yellow, and they have yellow flesh with a distinctive starchy, cabbagelike flavor. Rutabagas and turnips are similar in flavor and texture when cooked and may be used interchangeably. Rutabaga leaves are not eaten. Rutabagas should be peeled with a vegetable peeler or chef's knife, then cut into quarters, slices or cubes. They are often baked, boiled and then puréed, or sliced and sautéed. They are especially flavorful when seasoned with caraway seeds, dill or lemon juice.

Choose small to medium-sized rutabagas that are smooth and firm and feel heavy. Their peak season is January through March.



Rutabagas

TURNIPS

Also a root vegetable from the cabbage family, turnips have white skin with a rosy-red or purple blush and a white interior. Their flavor, similar to that of a radish, can be rather hot. Turnips should be peeled, then diced, sliced or julienned for cooking. They may be baked or cooked with moist-heat cooking methods, and are often puréed like potatoes.

Choose small to medium-sized turnips that have smooth skin and feel heavy. They should be firm, not rubbery or limp. Any attached leaves should be bright green and tender. Spring is their peak season.



Turnips

WATER CHESTNUTS

Water chestnuts are the tuber of an Asian plant that thrives in water. The brownish-black skin is peeled away to reveal a moist, crisp, white interior, which can be eaten raw or cooked. When cooked, water chestnuts retain their crunchy texture, making them a popular addition to stir-fried dishes. They are also used in salads and casseroles or wrapped in bacon for rumaki hors d'oeuvre.



Fresh Water Chestnuts

STALKS

Stalk vegetables are plant stems with a high percentage of **cellulose** fiber. These vegetables should be picked while still young and tender. Tough fibers should be trimmed before cooking.

▶ **cellulose** a complex carbohydrate found in the cell wall of plants; it is edible but indigestible by humans

ARTICHOKES

Artichokes (Fr. *artichaut*) are the immature flowers of a thistle plant introduced to America by Italian and Spanish settlers. Young, tender globe artichokes can be cooked whole, but more mature plants need to have the fuzzy center (known as the choke) removed first. Whole artichokes can be simmered, steamed or microwaved; they are often served with lemon juice, garlic butter or hollandaise sauce. The heart may be cooked separately, then served in salads, puréed as a filling or served as a side dish. Artichoke hearts and leafless artichoke bottoms are both available canned.

Choose fresh artichokes with tight, compact heads that feel heavy. Their color should be solid green to gray-green. Brown spots on the surface caused by frost are harmless. Artichokes' peak season is March through May.



Artichokes

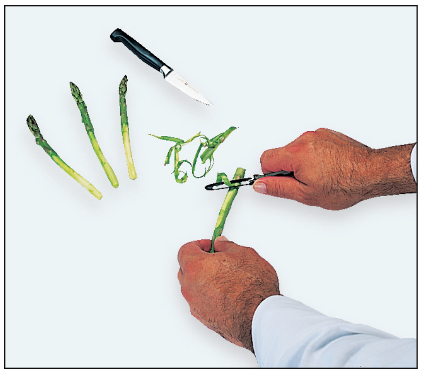
▶ PROCEDURE FOR PREPARING FRESH ARTICHOKES



1 Using kitchen shears or scissors, trim the barbs from the large outer leaves of the artichoke.



2 With a chef's knife, cut away the stem and the top of the artichoke. Steam or boil the artichoke as desired.



Use a sharp knife to peel away the tough outer skin from large asparagus spears.

ASPARAGUS



Asparagus

Asparagus (Fr. *asperges*), a member of the lily family, has bright green spears with a ruffle of tiny leaves at the tip. Larger spears tend to be tough and woody, but can be used in soups or for purée. Asparagus is eaten raw or steamed briefly, stir-fried, microwaved or grilled. Fresh spring asparagus is excellent with nothing more than lemon juice or clarified butter; asparagus with hollandaise sauce is a classic preparation.

Choose firm, plump spears with tightly closed tips and a bright green color running the full length of the spear. Asparagus should be stored refrigerated at 40°F (4°C), upright in ½ inch (1.25 centimeters) of water or with the ends wrapped in moist paper toweling. The stalks should not be washed until just before use. Canned and frozen asparagus are also available. Peak season is March through June.

A European variety of white asparagus is sometimes available fresh, or readily available canned. It has a milder flavor and soft, tender texture. It is produced by covering the stalks with soil as they grow; this prevents sunlight from reaching the plant and retards the development of chlorophyll.

Fresh Bamboo Shoots



BAMBOO SHOOTS

Stripped of their tough brown outer skins, the tender young shoots of certain varieties of bamboo are edible. They make excellent additions to stir-fried dishes or can be served like asparagus. Although fresh shoots are available in Asia, canned peeled shoots packed in brine or water are more common in the United States. Canned shoots should be rinsed well before use.



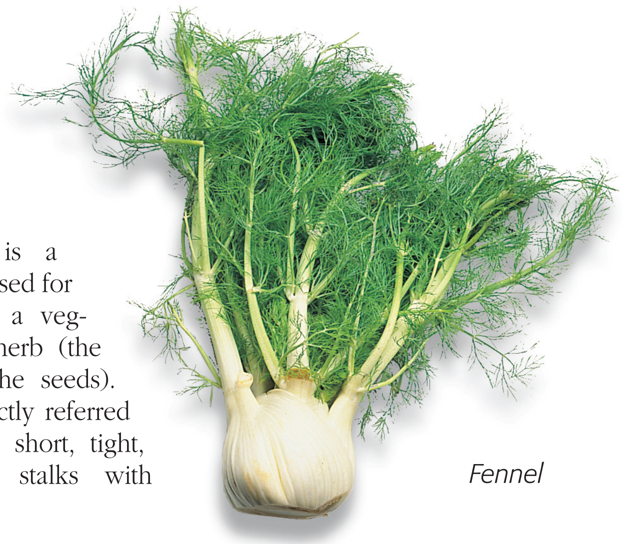
Celery

CELERY

Once a medicinal herb, stalk celery (Fr. *céleri*) is now a common sight in kitchens worldwide. Stalk celery is pale green with stringy curved stalks. Often eaten raw in salads or as a snack, it can be braised or steamed as a side dish. Celery is also a mirepoix component.

Choose stalks that are crisp, without any sign of dryness. Celery is available all year.

FENNEL



Fennel

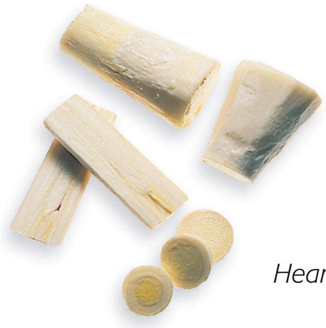
Fennel (Fr. *fenouil*) is a Mediterranean favorite used for thousands of years as a vegetable (the bulb), an herb (the leaves) and a spice (the seeds). The bulb (often incorrectly referred to as sweet anise) has short, tight, overlapping celerylike stalks with

feathery leaves. The flavor is similar to anise or licorice, becoming milder when cooked. Fennel bulbs may be eaten raw or grilled, steamed, sautéed, baked or microwaved.

Choose a fairly large, bright white bulb on which the cut edges appear fresh, without dryness or browning. The bulb should be compact, not spreading. Fresh fennel's peak season is September through May.

HEARTS OF PALM

Hearts of palm are the tender interiors of stems from cabbage palm trees. They are ivory-colored and slender, with a delicate flavor similar to asparagus. Fresh hearts of palm are sometimes available in Florida (where they are grown); canned ones are widely available everywhere. Hearts of palm are generally used uncooked in salads or marinated in herb vinaigrette.

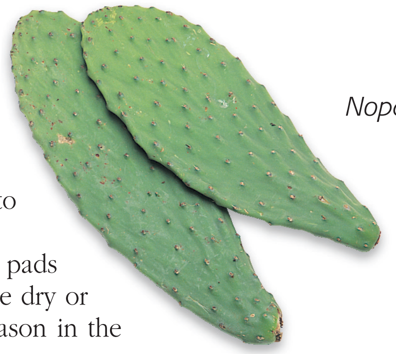


Hearts of Palm

NOPALES

The pads of a prickly pear cactus can be prepared as a vegetable known as nopales. Cactus pads have a flavor similar to green bell peppers. Their texture tends to be rather gelatinous or mucilaginous, making them good for stews or sauces. To prepare fresh nopales, hold the pad with tongs and cut off the thorns and "eyes" with a sharp knife or vegetable peeler. Trim off the edge all the way around. Slice the pad into julienne strips or cubes. The pieces can be boiled or steamed and served hot, or chilled and added to salads. Nopales can also be sautéed with onions, peppers and seasonings for a side dish or added to southwestern-style casseroles.

Some cultivated varieties have thin, thornless pads. Choose pads that are stiff and heavy without blemishes. They should not be dry or soggy. Fresh cactus pads are available all year, with peak season in the late spring. Canned and pickled nopales are also available.



Nopales

BABY VEGETABLES

Many fine restaurants serve baby vegetables: tiny turnips, finger-length squash, miniature carrots and petite heads of cauliflower. First cultivated in Europe but now widely available throughout the United States, baby vegetables include both hybrids bred to be true miniatures as well as regular varieties that are picked before maturity. Baby vegetables are often marketed with blossoms or greens still attached. They tend to be easily bruised and are highly perishable. Many baby vegetables can be eaten raw, but they are usually left whole, then steamed or lightly sautéed and attractively presented as an accompaniment to meat, fish or poultry entrées.



Baby Zucchini with Blossoms



Chiogghi Beets



Baby Yellow Squash with Blossoms



Baby Globe Carrots

ANCIENT PLANTS AND ANCIENT WAYS VANISH

Since the days of Columbus, half of all native American crop varieties have become extinct. If this trend continues, several hundred more will become extinct in our lifetimes. Similarly, ancient farming practices have all but been abandoned. As late as the 1920s, the Tohono O'odham Indians of Arizona still used traditional methods to cultivate more than 10,000 acres without pumping groundwater. Today, only a few scattered floodwater fields remain.

When species disappear we lose an irreplaceable source of genetic diversity—a source of extraordinary genes that could someday improve modern hybrid crops. When native desert crops vanish, so does the ancient tradition of native agriculture, which has selected these crops over millennia to thrive in extreme temperatures, in alkaline soils without millions of gallons of precious water and without expensive, ecologically destructive chemicals.

Today, six highly bred species—wheat, rice, corn, sorghum, potatoes and cassava—supply most of the world's nutrition. As food crops become more and more homogeneous, they often lose their natural ability to tolerate pests, disease and drought. In the past, farmers grew thousands of food crop varieties. These traditional crop varieties contain a storehouse of genetic diversity that enables them to flourish in the most difficult environments. This broad spectrum of genetic variability is a cushion against natural predators and diseases. Wild chiles from the Sierra Madre, for example, are highly disease resistant. Their virus-tolerant genes have been bred into commercial varieties of bell pepper and jalapeños.

Native Seeds/SEARCH, one of the country's first regional seed banks, was founded to keep ancient desert plants and traditional farming methods from disappearing forever. Since 1983 we've ridden mules into remote areas and made more than 1200 collections of desert-adapted crops and wild relatives. We've gathered the seeds of chapalote (a brown popcorn), blue indigo (used for dyes), tepary (a heat- and drought-tolerant bean), teosinte (a wild relative of corn), wild chiles and other plants. These seeds are available to researchers, gardeners, farmers and seed banks. Seeds are offered free to Native Americans.

Each loss of biological and cultural diversity alters and damages the balance of life on earth, often in ways we do not understand. Each loss of leaf, stem and flower diminishes our earth's richness and beauty in ways we often don't appreciate until they're gone.

—DR. GARY PAUL NABHAN, Native Seeds/SEARCH, Tucson, AZ

▶ NUTRITION

Most vegetables are more than 80 percent water; the remaining portions consist of carbohydrates (primarily starches) and small amounts of protein and fat. The relative lack of protein and fat makes most vegetables especially low in calories.

Much of a vegetable's physical structure is provided by generally indigestible substances such as cellulose and lignin, also known as fiber. This fiber produces the characteristic stringy, crisp or fibrous textures associated with vegetables.

BACK TO BASICS

Great strides in agriculture have been made during the past two centuries. Pesticides, fungicides and herbicides now eliminate or control pests that once would have devoured, ruined or choked crops. Chemical fertilizers increase yields of many of the world's staples. But not everyone has greeted these developments with open arms.

During the past few decades, scientific and medical investigators have documented, or at least suggested, health risks associated with certain synthetic pesticides, fertilizers and other products. These findings have led to a renewed interest in a now multibillion-dollar-a-year back-to-the-basics approach to farming: organic farming. Specialty farms, orchards and even wineries now offer organically grown products (or, in the case of wineries, wines made from organically grown grapes). These products come with few, if any, intentional additives and should be free of any incidental additives. Proponents argue that these products are better for you and better for the health of the farm workers.

The U.S. Department of Agriculture regulates the production and labeling of organically grown foods. It requires that any natural food labeled "100 percent organic" must contain only organic ingredients—that is, those grown and manufactured without the use of added hormones, pesticides, synthetic fertilizers, and so on; soil cannot have been treated with unapproved synthetics for three years for a crop to be called organic. To be labeled organic or to display the USDA organic seal, processed foods must contain at least 95 percent organic ingredients by weight. Processed foods with 70 to 95 percent organic ingredients may be labeled "made with organic ingredients"; processed foods with less than 70 percent organic ingredients may list those ingredients on the information panel but may not use the term *organic* anywhere on the front of the package.

USDA ORGANIC

TO BE OR NOT TO BE: VEGETARIAN

In the not-too-distant past, vegetarianism was linked with aging hippies, musty health food stores and the religiously observant. Not any more. Now most supermarkets stock vegetarian burgers, soy cheeses, tofu and rice milk, while national chains of modern, upscale groceries cater specifically to vegetarian and health-conscious shoppers. Even fast-food restaurants now offer foods such as vegetarian submarine sandwiches and soy-filled tacos.

So, just how many vegetarians are there in the United States? The Vegetarian Resource Group has tried to answer this question. In a 2000 poll, it asked adult respondents, "Which of the following foods, if any, [do] you never eat? Meat, Poultry, Fish/Seafood, Dairy Products, Eggs, Honey." Approximately 2.5 percent of the sample population responded that they did not eat meat, poultry or fish, while a total of 4.5 percent indicated they did not eat red meat. In fact, only 72 percent indicated that they eat items from all of the listed food groups. When the same question was asked in 1994 and again in 1997, only about 1 percent indicated that they were vegetarian (defined as those who never eat meat, poultry or fish).

Adults aren't the only vegetarians. According to another Vegetarian Resource Group poll in 2000, 2 percent of children ages 6 to 17 responded that they never eat meat, fish or poultry, while 6 percent don't eat red meat.

Significantly, nonvegetarians also enjoy meatless dishes from time to time. According to a 1999 poll, approximately 57 percent of U.S. adults say they "sometimes, often or always" order a vegetarian entrée when dining out.

This growing demand for vegetarian food clearly has an impact on restaurants and institutional food service operations. When more than half of the population sometimes orders vegetarian cuisine, it is no longer sufficient to offer a one-dish-fits-all vegetarian entrée. As with nonvegetarian dishes, flavor, freshness, quality and variety will keep customers satisfied and eager to return.

Vegetables are also a good source of vitamins and minerals. Care must be taken during preparation to preserve their nutritional content, however. Once peeled or cut, vegetables lose nutrients to the air, or to any liquid in which they are allowed to soak. Vitamins are concentrated just under the skin, so peel vegetables thinly, if at all.

▶ PURCHASING AND STORING FRESH VEGETABLES

Fresh vegetables should be selected according to seasonal availability. Using a vegetable at the peak of its season has several advantages: Price is at its lowest, selection is at its greatest and the vegetable's color, flavor and texture are at their best.

GRADING

The USDA has a voluntary grading system for fresh vegetables traded on wholesale markets. The system is based on appearance, condition and other factors affecting waste or eating quality. Grades for all vegetables include, in descending order of quality, U.S. Extra Fancy, U.S. Fancy, U.S. Extra No. 1 and U.S. No. 1. There are also grades that apply only to specific vegetables, for example, U.S. No. 1 Boilers for onions.

Consumer or retail grading is currently required only for potatoes, carrots and onions. It uses alphabetical listings, with Grade A being the finest.

PURCHASING

Fresh vegetables are sold by weight or count. They are packed in cartons referred to as cases, lugs, bushels, flats or crates. The weight or count packed in each of these containers varies depending on the size and type of vegetable as well as the packer. For example, celery is packed in 55-pound cartons containing 18–48 heads depending on the size of each head.

▶ **demi-vegetarian** a term sometimes used to describe people who eat little or no meat but may eat fish

▶ **fruitarian** someone who eats only plant foods such as fruits, grains and nuts that can be harvested without killing the plant

▶ **lacto-ovovegetarian or ovo-lactovegetarian** a vegetarian who also eats dairy products and eggs; theirs is probably the most typical vegetarian diet

▶ **lactovegetarian** a vegetarian who eats dairy products but not eggs

▶ **ovovegetarian** a vegetarian who eats eggs but not dairy products

▶ **vegan—(VEE-gun)** a vegetarian who does not eat dairy products, eggs, honey or any other animal product; vegans usually also avoid wearing and using animal products such as fur, leather or wool

▶ **vegetarian** a person who does not eat any meat, poultry, game, fish, shellfish or animal by-products such as gelatin or animal fats; may not eat dairy products and eggs

Some of the more common fresh vegetables (for example, onions, carrots, celery and lettuces) can be purchased from wholesalers trimmed, cleaned and cut according to your specifications. Although the unit price will be higher for diced onions than for whole onions, for example, the savings in time, labor, yield loss and storage space can be substantial. Processed vegetables may suffer a loss of nutrients, moisture and flavor, however.

RIPENING

Although vegetables do not ripen in the same manner as fruits, they do continue to breathe (respire) after harvesting. The faster the respiration rate, the faster the produce ages or decays. This decay results in wilted leaves and dry, tough or woody stems and stalks. Respiration rates vary according to the vegetable variety, its maturity at harvest and its storage conditions after harvest.

Ripening proceeds more rapidly in the presence of ethylene gas. Ethylene gas is emitted naturally by fruits and vegetables and can be used to encourage further ripening in some produce, especially fruit-vegetables such as tomatoes. Items harvested and shipped when mature but green (unripe) can be exposed to ethylene gas to induce color development (ripening) just before sale.

STORING

Some fresh vegetables are best stored at cool temperatures, between 40°F and 60°F (4°C and 16°C), ideally in a separate produce refrigerator. These include winter squash, potatoes, onions, shallots and garlic. If a produce refrigerator is not available, store these vegetables at room temperature in a dry area with good ventilation. Do not store them in a refrigerator set at conventional temperatures. Colder temperatures convert the starches in these vegetables to sugars, changing their texture and flavor.

Most other vegetables benefit from cold storage at temperatures between 34°F and 40°F (2°C and 4°C) with relatively high levels of humidity. Greens and other delicate vegetables should be stored away from apples, tomatoes, bananas and melons, as the latter give off a great deal of ethylene gas.

▶ PURCHASING AND STORING PRESERVED VEGETABLES

Preservation techniques are designed to extend the shelf life of vegetables. These methods include irradiation, canning, freezing and drying. Except for drying, these techniques do not substantially change the vegetable's texture or flavor. Canning and freezing can also be used to preserve cooked vegetables.

IRRADIATED VEGETABLES

The irradiation process uses ionizing radiation (usually gamma rays of cobalt 60 or cesium 137) to sterilize foods. When foods are subjected to radiation, parasites, insects and bacteria are destroyed, ripening is slowed and sprouting is prevented. Irradiation works without a noticeable increase in temperature; consequently, the flavor and texture of fresh foods are not affected. Some nutrients, however, may be destroyed. Irradiated vegetables do not need to be sprayed with post-harvest pesticides, and they have an extended shelf life.

The FDA classifies irradiation as a food additive. Although not yet approved for all foods, grains, fruits and vegetables may be treated with low-dose radiation. Irradiated foods must be labeled "Treated with radiation" or "Treated by irradiation." The symbol shown in Figure 22.1 may also be used.

Irradiated produce is purchased, stored and used like fresh produce.



FIGURE 22.1 ▶ Irradiation symbol

CANNED VEGETABLES

Canned vegetables are the backbone of menu planning for many food service operations. In commercial canning, raw vegetables are cleaned and placed in a sealed container, then subjected to high temperatures for a specific period. Heating destroys the microorganisms that cause spoilage, and the sealed environment created by the can eliminates oxidation and retards decomposition. But the heat required by the canning process also softens the texture of most vegetables and alters their nutritional content; many vitamins and minerals may be lost through the canning process. Green vegetables may also suffer color loss, becoming a drab olive hue.

Canned vegetables are graded by the USDA as U.S. Grade A or Fancy, U.S. Grade B or Extra-Select, and U.S. Grade C or Standard. U.S. Grade A vegetables must be top quality, tender and free of blemishes. U.S. Grade C vegetables may lack uniformity or flavor, but can be used in casseroles or soups if cost is a concern.

Combinations of vegetables as well as vegetables with seasonings and sauces are available canned. For example, corn kernels are available canned in water, in seasonings and sauces, combined with other vegetables or creamed. Canned vegetables are easy to serve because they are essentially fully cooked during the canning process.

Canned vegetables are purchased in cases of standard-sized cans (see Appendix II). Canned vegetables can be stored almost indefinitely at room temperature. Once a can is opened, any unused contents should be transferred to an appropriate storage container and refrigerated. Cans with bulges should be discarded immediately, without opening.

FROZEN VEGETABLES

Frozen vegetables are almost as convenient to use as canned. However, they often require some cooking, and expensive freezer space is necessary if an inventory is to be maintained. Regardless, freezing is a highly effective method for preserving vegetables. It severely inhibits the growth of microorganisms that cause spoilage without destroying many nutrients. Generally, green vegetables retain their color, although the appearance and texture of most vegetables may be somewhat altered because of their high water content: Ice crystals form from the water in the cells and burst the cells' walls.

Some vegetables are available individually quick-frozen (IQF). This method employs blasts of cold air, refrigerated plates, liquid nitrogen, liquid air or other techniques to chill the vegetables quickly. Speeding the freezing process can greatly reduce the formation of ice crystals.

Combinations of vegetables as well as vegetables with seasonings and sauces are available frozen. Some frozen vegetables are raw when frozen; others are blanched before freezing so that final cooking time is reduced. Many others are fully cooked before freezing and need only to be thawed or heated for service. Frozen vegetables generally do not need to be thawed before being heated. Once thawed or cooked, they should be stored in the refrigerator and reheated in the same manner as fresh vegetables. Do not refreeze previously frozen vegetables.

Frozen vegetables are graded in the same manner as canned vegetables. They are usually packed in cases containing 1- to 2-pound (450-gram to 1.8-kilogram) boxes or bags. All frozen vegetables should be sealed in moistureproof wrapping and kept at a constant temperature of 0°F (−18°C) or below. Temperature fluctuations can draw moisture from the vegetables, causing poor texture and flavor loss. Adequate packaging also prevents freezer burn, an irreversible change in the color, texture and flavor of frozen foods.

▶ **miso** (ME-so) a thick paste made by salting and fermenting soybeans and rice or barley; generally used as a flavoring

▶ **seitan** (SAY-tan) a form of wheat gluten; it has a firm, chewy texture and a bland flavor; traditionally simmered in a broth of soy sauce or tamari with ginger, garlic and kombu (seaweed)

▶ **tempeh** (TEHM-pay) fermented whole soybeans mixed with a grain such as rice or millet; it has a chewy consistency and a yeasty, nutty flavor

▶ **tofu** also known as bean curd; it is created from soymilk using a method similar to the way animal milk is separated into curds and whey in the production of cheese. See page 635.

▶ **TSP** (Textured soy protein) also known as textured soy flour; defatted soy protein compressed into granules or chunks; usually sold dried and rehydrated before cooking; used as a meat extender and in commercially produced meat replacements

DRIED VEGETABLES

Except for beans, peas, peppers, mushrooms and tomatoes, few vegetables are commonly preserved by drying. Unlike other preservation methods, drying dramatically alters flavor, texture and appearance. The loss of moisture concentrates flavors and sugars and greatly extends shelf life.

▶ APPLYING VARIOUS COOKING METHODS

Vegetables are cooked in order to break down their cellulose and gelatinize their starches. Cooking gives vegetables a pleasant flavor; creates a softer, more tender texture and makes them more digestible. Ideally, most vegetables should be cooked as briefly as possible in order to preserve their flavor, nutrients and texture. Unfortunately, sometimes you must choose between emphasizing appearance and maintaining nutrition because cooking methods that preserve color and texture often remove nutrients.

ACID/ALKALI REACTIONS

The acid or alkali content of the cooking liquid affects the texture and color of many vegetables. This is of greater concern with moist-heat cooking methods, but it is also a consideration with dry-heat cooking methods, as they often call for blanched or parboiled vegetables.

TEXTURE

The acidity or alkalinity of the vegetable's cooking liquid influences the finished product's texture. If an acid such as lemon juice, vinegar or wine is added to the liquid for flavoring, the vegetable will resist softening and will require a longer cooking time. On the other hand, an alkaline cooking medium will quickly soften the vegetable's texture and may cause it to become mushy. Alkalinity also causes nutrient loss (especially thiamin) and may impart a bitter flavor. Alkalinity can be caused by tap water, detergent residue on utensils or the addition of baking soda (a base) to the cooking liquid. (You could add, for example, ⅛ teaspoon [0.6 milliliter] of baking soda per cup [225 milliliters] of beans to speed the softening of dried beans.)

COLOR

The acidity or alkalinity of the liquid also affects the plant's pigments, causing both desirable and undesirable color changes. There are three principal pigment categories: chlorophyll, carotenoid and flavonoid. A plant's unique color is the result of a combination of these pigments. Chlorophyll pigments predominate in green vegetables such as spinach, green beans and broccoli. Carotenoid pigments predominate in orange and yellow vegetables such as carrots, tomatoes, red peppers and winter squashes. Flavonoid pigments predominate in red, purple and white vegetables such as red cabbage, beets and cauliflower.

Initially, as vegetables are cooked, their original colors intensify. Exposure to heat makes pigments, especially chlorophyll, appear brighter. Exposure to acids and bases affects both chlorophyll and flavonoid pigments. Acids will gradually turn green vegetables an olive-drab color, while a slight alkalinity promotes chlorophyll retention. The opposite occurs with vegetables containing flavonoids: They retain desirable colors in a slightly acidic environment while losing colors in an alkaline one. (Carotenoids are not affected by either acidity or alkalinity.) Color changes alone do not affect flavor, but the altered appearance can make the product so visually unappealing as to become inedible.

Colors also change as the naturally occurring acids in vegetables are released during cooking. If the cooking pan is kept covered, the acids can concentrate, creating richer flavonoid pigments but destroying chlorophyll pigments.



1 Spinach cooked with an acid (left) and an alkali.



2 Cauliflower cooked with an acid (left) and an alkali.



3 Red cabbage cooked with an acid (left) and an alkali.

Thus, if color is the one and only concern, vegetables with a high amount of chlorophyll should be cooked in an alkaline liquid, and vegetables with a high amount of flavonoids should be cooked in an acidic liquid. But remember, the improvement in color usually comes at the expense of texture and nutrients.

GUIDELINES FOR VEGETABLE COOKERY

The following general guidelines for vegetable cookery should be considered regardless of the cooking method used:

1. Vegetables should be carefully cut into uniform shapes and sizes to promote even cooking and provide an attractive finished product.
2. Cook vegetables for as short a time as possible to preserve texture, color and nutrients.
3. Cook vegetables as close to service time as possible. Holding vegetables in a steam table continues to cook them.
4. When necessary, vegetables may be blanched in advance, refreshed in ice water and refrigerated. They can then be reheated as needed.
5. White and red vegetables (those with flavonoid pigments) may be cooked with a small amount of acid such as lemon juice, vinegar or white wine to help retain their color.
6. When preparing an assortment of vegetables, cook each type separately, then combine them. Otherwise, some items would become overcooked in the time required to properly cook others.

Table 22.1 ACID/ALKALI REACTIONS

		EFFECT OF ACID ON:		EFFECT OF ALKALI ON:*		
VEGETABLE	PIGMENT FAMILY	COLOR	TEXTURE	COLOR	TEXTURE	COOK COVERED?
Spinach, broccoli	chlorophyll	drab olive green	firm	bright green	mushy	no
Carrots, rutabagas	caroteniod	no change	firm	no change	mushy	no difference
Cauliflower	flavonoid	white	firm	yellow	mushy	yes
Red cabbage	flavonoid	red	firm	blue	mushy	yes

* Alkalinity always causes a loss of thiamin and other nutrients.

VEGETABLE SAUNA

"Sweating vegetables" in a little oil over low heat in a covered pot is, in effect, a vegetable sauna. All of the flavors of the vegetables emerge slowly in a juicy tangle, in a much more intense manner than if you simply added them just-cut to a stock. Like roasting garlic, it is a way to enlarge the natural flavors very dramatically.

–from *China Moon Cookbook* by BARBARA TROPP

DETERMINING DONENESS

There are so many types of vegetables, with such varied responses to cooking, that no one standard for doneness is appropriate. Each item should be evaluated on a recipe-by-recipe basis. Generally, however, most cooked vegetables are done when they are just tender when pierced with a fork or the tip of a paring knife. Leafy vegetables should be wilted but still have a bright color.

You can avoid overcooking vegetables by remembering that some carryover cooking will occur through the residual heat contained in the foods. Always rely on subjective tests—sight, feel, taste and aroma—rather than the clock.

DRY-HEAT COOKING METHODS

BROILING AND GRILLING

Broiling and grilling use high heat to cook vegetables quickly. This preserves their nutritional content and natural flavors. The radiant heat of the broiler or grill caramelizes the vegetables, creating a pleasant flavor that is not generally achieved when vegetables are cooked by other methods.

Selecting and Preparing Vegetables to Broil or Grill

Broiling is often used to cook soft vegetables such as tomatoes or items that might not rest easily on a grill rack. Broiling is also used to warm and brown items just before service. If necessary, the vegetables can be basted to prevent them from drying out under the broiler's direct heat. Sometimes a cooked vegetable is napped with sauce or clarified butter and placed briefly under the broiler as a finishing touch at service time.

A large range of vegetables can be grilled. Carrots, peppers, squashes, eggplants and similar vegetables should be cut into broad, thin slices. They can then be placed on the grill in the same manner as a portion of meat or fish to create attractive crosshatchings. (See Chapter 10, Principles of Cooking.) Smaller vegetables such as mushrooms, cherry tomatoes and pearl onions can be threaded onto skewers for easy handling.

Seasoning Vegetables to Be Broiled or Grilled

Vegetables contain little fat and therefore benefit greatly from added fat when being broiled or grilled. The added fat can be a brushing of clarified butter or a marinade such as one made from olive oil and herbs. Some vegetables may be brushed with butter and coated with bread crumbs or Parmesan before broiling.

▶ PROCEDURE FOR BROILING OR GRILLING VEGETABLES

1. Heat the grill or broiler.
2. Use a wire brush to remove any charred or burnt particles that may be stuck to the broiler or grill grate. The grate may be wiped with a lightly oiled towel to remove any remaining particles and help season it.
3. Prepare the vegetables to be broiled or grilled by cutting them into appropriate shapes and sizes, then seasoning, marinating or otherwise preparing them as desired or directed in the recipe.
4. Place the vegetables on the broiler grate, broiler platter or grill grate and cook to the desired doneness while developing the proper surface color.

GRILLED VEGETABLE SKEWERS

RECIPE 22.1

Yield: 12 Skewers **Method:** Grilling

Marinade:		
Rice wine vinegar	4 fl. oz.	120 ml
Vegetable oil	8 fl. oz.	250 ml
Garlic, chopped	1 oz.	30 g
Dried thyme	2 tsp.	10 ml
Salt	1 Tbsp.	15 ml
Black pepper	1/2 tsp.	2 ml
Zucchini	6 oz.	180 g
Yellow squash	6 oz.	180 g
Broccoli florets, large	12	12
Cauliflower florets, large	12	12
Onion, large dice	24 pieces	24 pieces
Red bell pepper, large dice	12 pieces	12 pieces
Mushroom caps, medium	12	12



Grilling skewers of marinated vegetables.

1. Combine all the marinade ingredients and set aside.
2. Cut the zucchini and yellow squash into 1/2-inch- (1.2-centimeter-) thick semicircles.
3. Blanch and refresh the zucchini, yellow squash, broccoli florets, cauliflower florets, onions and red bell peppers as discussed later, under Moist-Heat Cooking Methods.
4. Drain the vegetables well and combine them with the marinade. Add the mushroom caps to the marinade. Marinate the vegetables for 30 to 45 minutes, remove and drain well.
5. Skewer the vegetables by alternating them on 6-inch (10-centimeter) bamboo skewers.
6. Place the vegetable skewers on a hot grill and cook until done, turning as needed. The vegetables should brown and char lightly during cooking. Serve hot.

Approximate values per serving: **Calories** 60, **Total fat** 2.5 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 610 mg, **Total carbohydrates** 8 g, **Protein** 2 g, **Vitamin C** 90%, **Claims**—low fat; no cholesterol; good source of fiber

ROASTING AND BAKING

The terms *roasting* and *baking* are used interchangeably when referring to vegetables. Roasting or baking is used to bring out the natural sweetness of many vegetables while preserving their nutritional values. The procedures are basically the same as those for roasting meats.

Selecting and Preparing Vegetables to Roast or Bake

Hearty vegetables such as winter squash and eggplant are especially well suited for roasting or baking. Vegetables such as onions, carrots and turnips are sometimes cooked alongside roasting meats or poultry. The vegetables add flavor to the finished roast and accompanying sauce, and the fats and juices released from the cooking roast add flavor to the vegetables.

Vegetables can be baked whole or cut into uniform-sized pieces. Squash, for example, is usually cut into large pieces. Vegetables may be peeled or left unpeeled, depending on the desired finished product.

Seasoning Vegetables to Be Roasted or Baked

Vegetables may be seasoned with salt and pepper and rubbed with butter or oil before baking, or they may be seasoned afterward with a wide variety of herbs

and spices. Some vegetables, such as winter squashes and sweet potatoes, may be seasoned with brown sugar or honey as well.

▶ PROCEDURE FOR ROASTING OR BAKING VEGETABLES

1. Wash the vegetables. Peel, cut and prepare them as desired or directed in the recipe.
2. Season the vegetables and rub with oil or butter if desired.
3. Place the vegetables in a baking dish and bake in a preheated oven until done.

RECIPE 22.2 BAKED BUTTERNUT SQUASH



Yield: 4 Servings, 4 oz. (120 g) each **Method:** Baking

Butternut squash, medium dice	1 lb.	450 g
Salt and pepper	TT	TT
Cinnamon	1/4 tsp.	1 ml
Cardamom, ground	1/8 tsp.	0.5 ml
Brown sugar	2 Tbsp.	30 ml
Lemon juice	2 Tbsp.	30 ml
Whole butter, melted	2 oz.	60 g

1. Place the squash in a buttered pan. Season with salt, pepper, cinnamon, cardamom and brown sugar.
2. Drizzle the lemon juice and butter over the top of the squash.
3. Bake, uncovered, in a 350°F (180°C) oven until tender, approximately 50 minutes.

Approximate values per 4-oz. (120-g) serving: **Calories** 190, **Total fat** 12 g, **Saturated fat** 7 g, **Cholesterol** 30 mg, **Sodium** 700 mg, **Total carbohydrates** 20 g, **Protein** 1 g, **Vitamin A** 90%, **Vitamin C** 35%

SAUTÉING

Sautéed vegetables should be brightly colored and slightly crisp when done and show little moisture loss. When sautéing vegetables, all preparation must be complete before cooking begins because timing is important and cooking progresses rapidly. Have all vegetables, herbs, spices, seasonings and sauces ready before you begin.

Selecting and Preparing Vegetables to Sauté

A wide variety of vegetables can be sautéed. Whatever vegetables are used, they should be cut into uniform-sized pieces to ensure even cooking.

Quick-cooking vegetables such as summer squashes, onions, greens, stalks, fruit-vegetables and mushrooms can be sautéed without any preparation except washing and cutting. Other vegetables such as Brussels sprouts, green beans, winter squashes, broccoli, cauliflower and most root vegetables are usually first blanched or otherwise partially cooked by baking, steaming or simmering. They are then sautéed to reheat and finish. Carrots, squash and other vegetables are sometimes finished by sautéing in butter and then adding a small amount of honey or maple syrup to glaze them. Some cooked vegetables are reheated by simply sautéing them in a small amount of stock or sauce.

Seasoning Vegetables to Be Sautéed

Sautéed vegetables can be seasoned with a great variety of herbs and spices. Seasonings should be added toward the end of the cooking process after all other ingredients have been incorporated in order to accurately evaluate the flavor of the finished dish.

Because sautéing vegetables uses slightly lower temperatures than sautéing meats and poultry, usually whole butter can be used instead of clarified butter. For additional flavors, fats such as bacon fat, olive oil, nut oils or sesame oil can be used in place of butter.

▶ PROCEDURE FOR SAUTÉING VEGETABLES

1. Wash and cut the vegetables into uniform shapes and sizes.
2. Heat a sauté pan and add enough fat to just cover the bottom. The pan should be large enough to hold the vegetables without overcrowding.
3. When preparing an assortment of vegetables, add the ingredients according to their cooking times (first add the vegetables that take the longest to cook). Plan carefully so that all vegetables will be done at the same time. Do not overcrowd the pan; maintain high enough heat so that the vegetables do not cook in their own juices.
4. Toss the vegetables using the sloped sides of the sauté pan or wok to flip them back on top of themselves. Do not toss more than necessary. The pan should remain in contact with the heat source as much as possible to maintain proper temperatures.
5. Add any sauces or vegetables with high water content, such as tomatoes, last.
6. Season the vegetables as desired with herbs or spices, or add ingredients for a glaze.

STIR-FRIED ASPARAGUS WITH SHIITAKE MUSHROOMS

RECIPE 22.3



Yield: 4 Servings, 4 oz. (120 g) each **Method:** Sautéing

Asparagus	1 lb.	450 g
Shiitake mushrooms, fresh	6 oz.	180 g
Vegetable oil	1 Tbsp.	15 ml
Sesame oil	1 Tbsp.	15 ml
Garlic, chopped	2 tsp.	10 ml
Oyster sauce	4 fl. oz.	120 ml
Crushed red chiles, optional	TT	TT

1. Wash the asparagus, trim the ends and slice on the bias into 1- to 2-inch (2.5- to 5-centimeter) pieces.
2. Wash the mushrooms, trim off the stems and slice the caps into ½-inch (1.2-centimeter) thick slices.
3. Heat the oils in a wok or sauté pan.
4. Add the garlic and stir-fry for a few seconds.
5. Add the mushrooms and asparagus and stir-fry for 1 minute.
6. Add the oyster sauce and crushed red chiles (if used) and continue to stir-fry until the asparagus is nearly tender, approximately 3 minutes.

Approximate values per 4-oz. (120-g) serving: **Calories** 140, **Total fat** 8 g, **Saturated fat** 1 g, **Cholesterol** 10 mg, **Sodium** 1130 mg, **Total carbohydrates** 13 g, **Protein** 5 g, **Vitamin C** 50%

PAN-FRYING

Pan-frying is not as popular as other techniques for cooking vegetables. Green tomatoes, however, are sometimes seasoned, floured and pan-fried; eggplant slices are seasoned, floured, pan-fried and used for eggplant parmesan. When pan-frying vegetables, follow the procedures outlined in Chapter 10, Principles of Cooking.

DEEP-FRYING

Deep-frying is a popular method of preparing vegetables such as potatoes, squashes and mushrooms. They can be served as hors d'oeuvre, appetizers or accompaniments to a main dish. Vegetables can also be grated or chopped and incorporated into fritters or croquettes. Any deep-fried item should have a crisp, golden exterior with a tender, nongreasy center.

Selecting and Seasoning Vegetables to Be Deep-Fried

Except for potatoes (which are discussed in Chapter 23, Potatoes, Grains and Pasta), most vegetables are breaded or battered before deep-frying. Slow-cooking vegetables such as broccoli and cauliflower should be blanched in boiling water before breading or battering. Blanching speeds cooking and allows the interior to cook completely before the surface burns.

Although vegetables that will be deep-fried can be marinated or seasoned directly, it is more common to season the batter or breading that will coat them. Additional flavors come from the sauces and accompaniments served with the deep-fried vegetables. Creamy herb dressings, spicy tomato or soy-based dipping sauces are popular accompaniments.

▶ PROCEDURE FOR DEEP-FRYING VEGETABLES

1. Slice, trim or otherwise prepare the vegetables to be deep-fried. Blanch them if necessary. Season and bread or batter them, as desired.
2. Heat the fat to the desired temperature, usually between 325°F and 350°F (160°C and 180°C). Breaded or battered vegetables cook quickly and the fat must be hot enough to cook the food's interior without burning its surface.
3. Carefully place the vegetables in the hot fat using either the basket method or swimming method as appropriate.
4. Deep-fry the vegetables until done. They should have a crispy, golden brown surface.
5. Remove the deep-fried vegetables from the fat and hold them over the fryer, allowing the excess fat to drain off. Transfer the food to a hotel pan either lined with absorbent paper or fitted with a rack. Season with salt, if desired.
6. If the deep-fried vegetables are to be held for later service, place them under a heat lamp.

RECIPE 22.4

BEER-BATTERED ONION RINGS

Yield: 1 qt. (1 lt) of batter, enough for approx. 4 lb. (1.8 kg) of rings

Method: Deep-frying

Flour	10 oz.	300 g
Baking powder	2 tsp.	10 ml
Salt	2 tsp.	10 ml
White pepper	1/4 tsp.	1 ml
Egg	1	1
Beer	1 pt.	450 ml
Onions, whole	4 lb.	1.8 kg
Flour	as needed for dredging	

1. Sift the dry ingredients together.
2. Beat the egg in a separate bowl. Add the beer to the beaten egg.
3. Add the egg-and-beer mixture to the dry ingredients; mix until smooth.
4. Peel the onions and cut in 1/2-inch- (1.2-centimeter-) thick slices.



1 Dredging the onion rings in flour.



2 Dipping the floured rings in batter.



3 Frying the onion rings using the swimming method.

5 Break the slices into rings and dredge in flour.

6 Dip the rings in the batter a few at a time. Using the swimming method, deep-fry at 375°F (191°C) until done. Drain on absorbent paper, season with additional salt and white pepper and serve hot.

Approximate values per 1-oz. (30-g) serving: **Calories** 230, **Total fat** 10 g, **Saturated fat** 2.5 g, **Cholesterol** 5 mg, **Sodium** 460 mg, **Total carbohydrates** 31 g, **Protein** 4 g

MOIST-HEAT COOKING METHODS

BLANCHING AND PARBOILING

Blanching and parboiling are variations on boiling; the difference between them is the length of cooking time. Blanched and parboiled vegetables are often finished by other cooking methods such as sautéing.

Blanching is the partial cooking of foods in a large amount of boiling water for a very short time, usually only a few seconds. Besides preparing vegetables for further cooking, blanching is used to remove strong or bitter flavors, soften firm foods, set colors or loosen skins for peeling. Kale, chard, snow peas and tomatoes are examples of vegetables that are sometimes blanched for purposes other than preparation for further cooking.

Parboiling is the same as blanching, but the cooking time is longer, usually several minutes. Parboiling is used to soften vegetables and shorten final cooking times. Parboiling is commonly used for preparing root vegetables, cauliflower, broccoli and winter squashes.

BOILING

Vegetables are often boiled. Boiled vegetables can be served as is, or they can be further prepared by quickly sautéing with other ingredients, puréeing or mashing. Boiled vegetables are also chilled, then used in salads.

Starchy root vegetables are generally not boiled but rather simmered slowly so that the heat penetrates to their interiors and cooks them evenly. Green vegetables should be boiled quickly in a large amount of water in order to retain their color and flavor.

Refreshing

Unless the boiled, blanched or parboiled vegetables will be eaten immediately, they must be quickly chilled in ice water after they are removed from the cooking liquid. This prevents further cooking and preserves (sets) their colors. This process is known as **refreshing** or **shocking** the vegetables. The vegetables are removed from the ice water as soon as they are cold. Never soak or hold the vegetables in the water longer than necessary, or valuable nutrients and flavor will be leached away.

▶ PROCEDURE FOR REFRESHING VEGETABLES



1 Blanch, parboil or boil the vegetables to the desired doneness.



2 Remove the vegetables from the cooking liquid and submerge them in ice water just until they are cold.

Selecting and Preparing Vegetables to Boil

Nearly any type of vegetable can be boiled. Carrots, cabbages, green beans, turnips and red beets are just a few of the most common ones. Vegetables can be large or small, but they should be uniform in size to ensure even cooking. Some vegetables are cooked whole and require only washing before boiling. Others must be washed, peeled and trimmed or cut into smaller or more manageable sizes.

Seasoning Vegetables to Be Boiled

Often vegetables are boiled in nothing more than salted water. Lemon juice, citrus zest, wine and other acidic ingredients are sometimes added to white and red vegetables; if so, they should be added to the liquid before the vegetables. Herbs and spices in a sachet or a bouquet garni are often used to add flavor to boiled vegetables and should be added according to the recipe.

After boiling, vegetables are sometimes finished with herbs, spices, butter, cream or sauces.

▶ PROCEDURE FOR BOILING VEGETABLES

1. Wash, peel, trim and cut the vegetables into uniform shapes and sizes.
2. Bring an adequate amount of water, stock, court bouillon or other liquid to a boil. The liquid should cover the vegetables, and they should be able to move around freely without overcrowding.
3. Add seasonings if desired or directed in the recipe.
4. Add the vegetables to the boiling liquid. If more than one vegetable is to be cooked and they have different cooking times, they should be cooked separately to ensure that all are cooked to the proper doneness. The pot may be covered if cooking white, red or yellow vegetables. Do not cover the pot when boiling green vegetables.
5. Cook the vegetables to the desired doneness.
6. Remove the vegetables from the water with a slotted spoon or a spider or drain through a colander.
7. Refresh the vegetables in ice water, drain and refrigerate until needed, or finish the hot boiled vegetables as desired and serve immediately.

BRUSSELS SPROUTS IN PECAN BUTTER

RECIPE 22.5

Yield: 6 Servings, 3 oz. (90 g) **Method:** Boiling

Brussels sprouts	1 lb.	450 g
Whole butter	2 oz.	60 g
Pecans, chopped	4 oz.	120 g
Salt and pepper	TT	TT

1. Trim the Brussels sprouts and mark an X in the bottom of each with a paring knife to promote even cooking.
2. Boil the sprouts in salted water until tender, approximately 10 minutes.
3. Drain and hold the sprouts in a warm place.
4. Heat the butter in a sauté pan until noisette. Add the pecans and toss to brown them.
5. Add the Brussels sprouts and toss to reheat and blend flavors. Adjust the seasonings and serve.

Approximate values per 3-oz. (90-g) serving: **Calories** 240, **Total fat** 21 g, **Saturated fat** 6 g, **Cholesterol** 20 mg, **Sodium** 480 mg, **Total carbohydrates** 10 g, **Protein** 4 g, **Vitamin A** 15%, **Vitamin C** 80%



1 Marking an X in the bottom of each Brussels sprout.



2 Boiling the Brussels sprouts in the appropriate amount of water.



3 Tossing the Brussels sprouts with the butter.

PROCEDURE FOR COOKING DRIED BEANS

Dried beans are best rehydrated by soaking as discussed earlier and then cooking in a boiling (actually simmering) liquid. After rehydration and cooking, the beans can be served or further cooked in baked, sautéed or puréed dishes.

1. After soaking, place the drained beans in a heavy saucepan and cover with cold water or stock. Allow approximately three times as much liquid as there are beans. Add flavoring ingredients as directed in the recipe, but do not add acids or salt until the beans have reached the desired tenderness. Acids and salt cause the exterior of beans to toughen and resist any further efforts at tenderizing.
2. Slowly bring the liquid to a boil. Boil uncovered for 10 minutes or as directed in the recipe. Use a ladle to remove any scum that rises to the surface.
3. Cover and reduce the heat. Allow the mixture to simmer until the beans are tender. Whole beans generally require 1 to 2½ hours, lentils 20 to 35 minutes and split peas 30 to 60 minutes. Add additional hot liquid if necessary. Do not stir the beans during cooking.
4. Drain the cooked beans through a colander.

RECIPE 22.6

WHITE BEAN SALAD



1 Draining the beans.



2 Blanching the vegetables.



3 Tossing the salad ingredients together.



4 The finished salad ready for buffet service.

Yield: 3 pt. (1.5 lt)

White beans	1 pt.	450 ml
Water	as needed	as needed
Carrots, small dice	4 oz.	120 g
Celery, small dice	2 oz.	60 g
Leeks, sliced, blanched	2 oz.	60 g
Dressing:		
Red wine vinegar	3 Tbsp.	45 ml
Fresh lemon juice	2 tsp.	10 ml
Dijon mustard	1/2 oz.	15 g
Shallots, minced	1 Tbsp.	15 ml
Olive oil	6 fl. oz.	180 ml
Salt and pepper	TT	TT
Green onions, minced	2	2
Parsley, chopped	1 Tbsp.	15 ml
Fresh thyme, chopped	1 Tbsp.	15 ml

1. Pick through the beans to remove any grit, pebbles or debris. Place the beans in a bowl of water and remove any skins or other items that float to the top. Drain and rinse the beans. Place the beans in a clean bowl and soak them for at least 1 hour or overnight.
2. Drain the beans and place them in a saucepot with 6 cups (1.5 liters) of water. Bring to a boil, reduce to a simmer and cook until the beans are tender, approximately 1 hour. Drain the beans, spread on a sheet pan, cool and refrigerate.
3. Blanch and refresh the carrots, celery and leeks. Drain and chill.
4. To make the dressing, combine the vinegar, lemon juice and mustard. Add the shallots and whisk in the olive oil a little bit at a time. Season with salt and pepper.
5. Toss the beans with the blanched vegetables, green onions, parsley and thyme. Add the dressing and toss together. Adjust the seasonings and serve chilled.

Approximate values per 1/2-cup (120-ml) serving: **Calories** 250, **Total fat** 15 g, **Saturated fat** 2 g, **Cholesterol** 0 mg, **Sodium** 40 mg, **Total carbohydrates** 23 g, **Protein** 8 g, **Vitamin A** 50%, **Calcium** 10%, **Iron** 20%

STEAMING

Vegetables can be steamed in a convection steamer or by placing them in a basket or on a rack and suspending them over boiling liquid in a wok, saucepan or hotel pan. Vegetables can also be pan-steamed by cooking them in a covered pan with a small amount of liquid; most of the cooking is done by steam because only a small portion of the food is submerged in the liquid. Steamed vegetables can be eaten plain, partially cooked and sautéed lightly to finish, incorporated into casseroles or puréed. If they are not served immediately, they must be refreshed and refrigerated until used.

Properly steamed vegetables should be moist and tender. They generally retain their shape better than boiled vegetables. Vegetables cook very rapidly in steam, and overcooking is a common mistake.

Selecting and Preparing Vegetables to Steam

Nearly any vegetable that can be boiled can also be steamed successfully. All vegetables should be washed, peeled and trimmed if appropriate and cut into uniform-sized pieces. Pan-steaming is appropriate for vegetables that are small

or cut into fairly small pieces such as peas and beans or broccoli and cauliflower florets.

Seasoning Vegetables to Be Steamed

Steaming produces vegetables with clean, natural flavors. Foods cooked in convection steamers can be seasoned with herbs and spices; convection steamers use plain water to produce steam, so the foods being cooked do not gain flavor from the cooking liquid. Vegetables steamed over liquids or pan-steamed in small amounts of liquids can be flavored by using stocks or court bouillon as the cooking liquid. Herbs, spices and aromatic vegetables can be added to any liquid for additional flavor.

▶ PROCEDURE FOR STEAMING VEGETABLES

1. Wash, peel, trim and cut the vegetables into uniform shapes and sizes.
2. If a convection steamer is not being used, prepare a steaming liquid and bring it to a boil in a covered pan or double boiler.
3. Place the vegetables in a perforated pan in a single layer; do not crowd the pan. Place the pan over the boiling liquid or add the vegetables to the liquid.
4. Cover the pan and cook to the desired doneness.
5. Remove the vegetables from the steamer and serve, or refresh and refrigerate until needed.

BROCCOLI ALMONDINE

RECIPE 22.7

Yield: 6 Servings, 6 oz. (180 g) each **Method:** Steaming

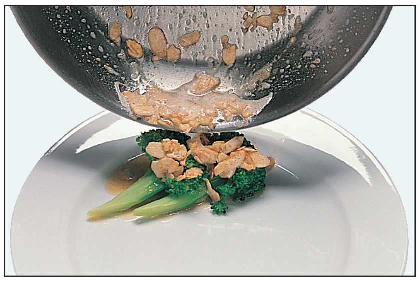
Broccoli, fresh	2 lb.	1 kg
Salt and pepper	TT	TT
Whole butter	2 oz.	60 g
Almonds, sliced	1 oz.	30 g
Garlic clove, minced	1	1
Lemon juice	2 fl. oz.	60 ml

1. Cut the broccoli into uniform spears. Rinse and sprinkle lightly with salt and pepper.
2. Place the broccoli in a single layer in a perforated hotel pan and cook in a convection steamer until tender but slightly crisp, approximately 3 minutes.
3. Melt the butter in a sauté pan. Add the almonds and garlic and cook just until the nuts are lightly browned.
4. Arrange the broccoli on plates for service and sprinkle with the lemon juice. Drizzle the almonds and butter over the broccoli and serve immediately.

Approximate values per 6-oz. (180-g) serving: **Calories** 160, **Total fat** 10 g, **Saturated fat** 5 g, **Cholesterol** 20 mg, **Sodium** 500 g, **Total carbohydrates** 10 g, **Protein** 6 g, **Vitamin A** 35%, **Vitamin C** 110%



1 Placing the broccoli spears in a perforated pan.



2 Drizzling the browned almonds and butter over the broccoli.

COMBINATION COOKING METHODS

BRAISING AND STEWING

Braised and stewed vegetables are cooked slowly in a small amount of liquid. The liquid, including any given off by the vegetables, is reduced to a light sauce, becoming part of the finished product. Generally, a braised dish is prepared with only one vegetable; a stew is a mixture of several vegetables. The main ingredients are sometimes browned in fat before the liquid is added in order to enhance flavor and color.

Both braises and stews can be exceptionally flavorful because they are served with all of their cooking liquid. (Boiled vegetables lose some of their flavor to the cooking liquid.) Braised and stewed vegetables generally can be held hot for service longer than vegetables prepared by other cooking methods.

Selecting and Preparing Vegetables to Braise or Stew

Various lettuces, especially romaine and Boston, are often braised. Cabbages, Belgium endive, leeks and many other vegetables are also commonly braised. Stews may contain a wide variety of vegetables such as summer squashes, eggplant, onions, peppers, tomatoes, carrots, celery and garlic. Leafy green vegetables and winter squashes are less commonly braised or stewed.

The vegetables should be washed and peeled or trimmed if appropriate. Vegetables to be braised may be left whole, cut into uniform pieces or shredded, as desired. Lettuces are usually cut into halves or quarters; cabbage is usually shredded.

Seasoning Vegetables to Be Braised or Stewed

Both braises and stews usually include flavoring ingredients such as garlic, herbs, bacon or mirepoix. The liquid may consist of water, wine, stock or tomato juice. Vegetables can even be braised in butter and sugar or honey to create a glazed dish.

Both braises and stews can be seasoned with a variety of herbs and spices. Add the seasonings before covering the pot to finish the cooking process. Strongly flavored vegetables such as celery root and turnips are usually parboiled first in order to reduce their strong presence.

▶ PROCEDURE FOR BRAISING AND STEWING VEGETABLES

1. Wash, peel, trim and cut the vegetables.
2. Sauté or sweat the flavoring ingredients in fat to release their flavors. Or sauté or sweat the main ingredients in fat.
3. For a braise, add the main ingredient in a single layer. For a stew, add the ingredients according to their cooking times or as directed in the recipe.
4. Add the cooking liquid; it should partially cover the vegetables. Bring the liquid to a boil, reduce to a simmer, cover and cook in the oven or on the stove top until done.
5. If desired, remove the main ingredients from the pan and reduce the sauce or thicken it with beurre manié, cornstarch or arrowroot. Then return the main ingredients to the sauce.

RECIPE 22.8

BRAISED CELERY WITH BASIL

Yield: 12 Servings, 3 oz. (90 g) each **Method:** Braising

Celery heads	3	3
Onions, small dice	8 oz.	250 g
Garlic, minced	2 tsp.	10 ml
Whole butter	2 oz.	60 g
Olive oil	1 fl. oz.	30 ml
Fresh thyme	1 tsp.	5 ml
Fresh basil leaves, chiffonade	20	20
Dry white wine	8 fl. oz.	250 ml
Chicken stock	1 pt.	500 ml
Salt and pepper	TT	TT

1. Trim the outer ribs from the celery heads, leaving only the tender hearts. Trim the heads to 6-inch (15-centimeter) lengths. Trim the root slightly, leaving each head together. Cut each head lengthwise into quarters.

2 Sauté the onions and garlic in the butter and olive oil, without coloring, until tender. Add the celery quarters to the pan and sauté, turning occasionally.
3 Add the thyme, basil, wine and chicken stock. Bring to a boil, reduce to a simmer, cover and braise in the oven at 350°F (180°C) until tender, approximately 1 hour.
4 Remove the celery and reserve. Reduce the cooking liquid on the stove top until it thickens. Adjust the liquid's seasonings and return the celery to the pan to reheat. Serve the celery with a portion of the sauce.

Approximate values per 3-oz. (90-g) serving: **Calories** 60, **Total fat** 4.5 g, **Saturated fat** 1.5 g, **Cholesterol** 5 mg, **Sodium** 170 mg, **Total carbohydrates** 2 g, **Protein** 1 g



1 Trimming and cutting the celery.



2 Adding the liquid to the celery.



3 Reducing the sauce.

MICROWAVING

Fresh vegetables are among the few foods that can be consistently well prepared in a microwave oven. Often microwave cooking can be accomplished without any additional liquid, thus preserving nutrients. With microwaving, colors and flavors stay true, and textures remain crisp.

Microwave cooking is actually a form of steaming. As explained in Chapter 10, Principles of Cooking, microwaves agitate water molecules, thus creating steam. The water may be the moisture found naturally in the food or may be added specifically to create the steam.

Cooking time depends on the type of microwave oven as well as on the freshness, moisture content, maturity and quantity of vegetables being prepared.

Selecting and Preparing Vegetables to Microwave

Any vegetable that can be steamed successfully can be microwaved with good results. Because typical microwave ovens are relatively small, they are impractical for producing large quantities of food. They are most useful for reheating small portions of vegetables that have been blanched or partially cooked using another cooking method.

Seasoning Vegetables to Be Microwaved

Microwaving, like steaming, brings out the natural flavors of food. Herbs and spices can be added to the vegetables before they are microwaved. Or, after microwaving, the vegetables can be tossed with butter, herbs and spices or combined with a sauce.

▶ PROCEDURE FOR MICROWAVING VEGETABLES

1 Wash, peel, trim and cut the vegetables into uniform shapes and sizes.
2 Place the vegetables in a steamer designed for microwave use or arrange the vegetables in a microwavable dish. Cover the vegetables with the lid or

plastic wrap. If using plastic wrap, it should be punctured to allow some steam to escape during cooking.

3 Cook the vegetables to the desired doneness, allowing for some carryover cooking, or reheat the previously cooked vegetables until hot. Stir or turn the vegetables as necessary to promote even cooking.
4 Serve the vegetables or refresh and refrigerate until needed.

PURÉEING

Puréeing is a technique often used with vegetables. Cooked vegetable purées can be served as is, or they can be used as an ingredient in other preparations such as pumpkin pie, mashed potatoes or vegetable soufflés. Purées can also be bound with eggs, seasoned and used to make vegetable timbales and terrines.

Puréed vegetables are generally first cooked by baking, boiling, steaming or microwaving. White, red and yellow vegetables should be cooked until quite soft. They are more easily puréed when hot or warm; this also helps ensure a smooth finished purée. For most preparations, green vegetables must be refreshed after cooking and puréed while cold, or they will overcook and become discolored.

Seasoning Vegetables to Be Puréed

Vegetables for purées can be seasoned before they are puréed following the guidelines for the cooking procedure used. They can also be seasoned after they are puréed with a wide variety of ingredients such as herbs or spices, cheese, honey or brown sugar.

Finishing Puréed Vegetables

Purées can be finished with stocks, sauces, butter or cream to add richness and flavor. First purée the main ingredient, then add additional liquids to obtain the desired consistency.

▶ PROCEDURE FOR PURÉEING VEGETABLES

1 Cook the vegetables. White, red and yellow vegetables should be cooked until very soft. Green vegetables should be cooked until tender but not overcooked to the point of being discolored.
2 Purée the vegetables in a VCM, food processor or blender or by passing them through a food mill.
3 Season or finish the puréed vegetables as desired or directed in the recipe, or use them in another recipe.

RECIPE 22.9

PARSNIP PURÉE

Yield: 2 qt. (2 lt) **Method:** Boiling/Puréeing

Parsnips	4 lb.	1.8 kg
Russet potatoes	1 lb. 8 oz.	650 g
Heavy cream, hot	8 fl. oz.	250 ml
Whole butter, melted	4 oz.	120 g
Salt and white pepper	TT	TT

1 Peel the parsnips and potatoes, and cut into large pieces of approximately the same size.
2 Boil the vegetables separately in salted water until tender.
3 Drain the vegetables well. Purée them together through a food mill.



1 Passing the parsnips and potatoes through a food mill.



2 The finished Parsnip Purée.

4 Add the cream and butter and mix to combine. Adjust the consistency by adding cream as desired. Season the mixture with salt and white pepper and serve hot.

Variations: *Turnip Purée*—Substitute turnips for the parsnips. *Winter Squash Purée*—Select approximately 6½ pounds (3 kilograms) of winter squash (e.g. acorn, butternut, pumpkin) and cut them in halves or quarters. Scoop out the seeds, then roast the squash, cut side down, in a 375°F (190°C) oven until tender. Scoop the flesh from the shells and substitute it for the parsnips.

Approximate values per ½-c. (120-ml) serving: **Calories** 240, **Total fat** 12 g, **Saturated fat** 7 g, **Cholesterol** 35 mg, **Sodium** 220 mg, **Total carbohydrates** 31 g, **Protein** 3 g, **Vitamin A** 10%, **Vitamin C** 35%

CONCLUSION



Vegetables are an essential part of the human diet. They provide the body with vitamins, minerals and fiber and appeal to the appetite with flavor, color and texture. Increasing market availability of fresh, high-quality vegetables as well as new hybrids gives you an ever-increasing variety of vegetables from which to choose. Vegetables are a relatively inexpensive food that can be prepared in limitless ways. They can be served as an entire meal or as an accompaniment to or part of a wide variety of other dishes. And when cooking vegetables, remember what James Beard (1903–1985), the great American food consultant, culinary educator and writer once said: "No vegetable exists which is not better slightly undercooked."

QUESTIONS FOR DISCUSSION

1. Explain how the season affects the price, quality and availability of vegetables.
2. List and describe three processing techniques commonly used to extend the shelf life of vegetables.
3. What special concerns exist regarding the storage of fresh vegetables? Explain why some vegetables should not be refrigerated.
4. Why is it important to cut vegetables into a uniform size before cooking?
5. Discuss several techniques used for determining the doneness of vegetables. Is carryover cooking a concern when preparing vegetables? Explain your answer.

6 Discuss the role of acid in a cooking liquid used for preparing vegetables. Which vegetables, if any, benefit from an acidic cooking environment?
7 Describe the necessary mise en place and procedure for refreshing vegetables.
8 Locate information on farmer's markets in your area. What are the advantages and disadvantages of purchasing vegetables from a local grower?
9 Many people are very concerned about the use of genetically modified organisms (GMO) and bioengineered products in the foods they eat. What is the federal government's position on these foodstuffs? What organizations are working to prohibit the use of GMOs? Why? Do you agree or disagree with their arguments?

ADDITIONAL VEGETABLE RECIPES

SUMMER VEGETABLES WITH TARRAGON AÏOLI

RECIPE 22.10

Note: This dish appears in the chapter opening photograph.

GREENS, SAN FRANCISCO, CA
Chef Annie Somerville

Yield: 6 Servings **Method:** Boiling

Baby artichokes	6	6
Carrots	8 oz.	250 g
Yellow or green zucchini	1 lb.	500 g
Sunburst squash	1 lb.	500 g
Blue lake green beans	8 oz.	250 g
Yellow wax beans	8 oz.	250 g
Broccoli florets	1 lb.	500 g
Cauliflower florets	1 lb.	500 g
Red radishes	1 bunch	1 bunch
Cherry tomatoes	½ pt.	250 ml
Niçoise or Gaeta olives	8 oz.	250 g
Tarragon Aïoli (recipe follows)	8 oz.	250 g

1 Trim the artichokes. Steam or boil them until tender; refresh.
2 Cut the carrots, zucchini and squash as desired. Snip the ends from the beans. Parboil the vegetables (except the radishes, tomatoes and olives), one variety at a time, in salted water until nearly tender but still crisp. Refresh each and drain well.
3 Wash the radishes. Trim the root end but leave the green tops attached.
4 Wash the cherry tomatoes and remove the stems.
5 Loosely arrange the vegetables on a platter, leaving room for the aïoli unless it is to be served separately in a small bowl.

TARRAGON AÏOLI

Yield: ½ pt. (250 ml)

Egg yolk, large	1	1
Fresh lemon juice	1 Tbsp.	15 ml
Light olive oil	8 fl. oz.	250 ml
Garlic clove, chopped	1	1
Champagne vinegar	1 tsp.	5 ml
Fresh tarragon, chopped	2 tsp.	10 ml
Salt	TT	TT

1 Whisk the yolk and ½ teaspoon (3 milliliters) of lemon juice together until smooth.
2 Whisk in the oil, very slowly at first, until the aïoli begins to emulsify. Add a few drops of lemon juice as necessary to thin the sauce. Continue until all the oil and lemon juice have been incorporated.
3 Season with the garlic, vinegar, tarragon and salt. If the aïoli is too thick, thin it with a little warm water.

Approximate values per serving: **Calories** 470, **Total fat** 35 g, **Saturated fat** 5 g, **Cholesterol** 30 mg, **Sodium** 770 mg, **Total carbohydrates** 29 g, **Protein** 8 g, **Vitamin A** 120%, **Vitamin C** 150%

CHEF ANNIE SOMERVILLE

The inspiration for Greens, one of the foremost vegetarian restaurants in America, was the renowned vegetarian kitchen at the Tassajara Zen Mountain Center in Carmel Valley, California, where Chef Annie Somerville also received her culinary foundation. Opened in San Francisco in 1979, Greens features creative vegetarian cuisine using the finest seasonal organic produce and other high-quality ingredients. It maintains a close relationship with its purveyors, especially the Zen Center's Green Gulch Farm and Star Route Farms in Bolinas.

At Greens, Chef Somerville creates a new menu daily, sometimes drawing from a repertoire of dishes, many of which are influenced by the cuisines of the Mediterranean, Mexico and the American Southwest. She tries to create dishes that balance and contrast colors, flavors and textures and have simple yet stylish presentations. Chef Somerville notes that "We keep changing and evolving, noting what other cooks are doing around the world, but always keeping the focus on what is seasonal."

RECIPE 22.11

BROILED TOMATO

RUTH'S CHRIS STEAK HOUSE, PHOENIX, AZ

Yield: 1 Serving **Method:** Broiling

Tomato, large	1	1
Granulated sugar	2 tsp.	10 ml
Whole butter, melted	1 oz.	30 g
Fresh parsley, chopped	1 Tbsp.	15 ml

1. Core and halve the tomato.
2. Sprinkle sugar on top of each half. Place on a broiler platter and broil until tender.
3. Drizzle with butter and garnish with parsley.

Approximate values per serving: **Calories** 170, **Total fat** 12 g, **Saturated fat** 7 g, **Cholesterol** 30 mg, **Sodium** 130 mg, **Total carbohydrates** 14 g, **Protein** 1 g, **Vitamin A** 20%, **Vitamin C** 40%

RECIPE 22.12

GRILLED PORTABELLA MUSHROOMS

Yield: 3 Servings, 4 oz. (120 g) each **Method:** Grilling

Portabella mushrooms caps	1 lb.	500 g
Olive oil	1 Tbsp.	15 ml
Garlic, chopped	1 tsp.	5 ml
Salt and pepper	TT	TT
Fresh thyme	1 tsp.	5 ml

1. Wipe the mushroom caps clean with a damp towel.
2. Combine the olive oil and garlic and brush the mixture on the mushroom caps.
3. Season the mushrooms with salt, pepper and thyme.
4. Grill or broil the mushrooms until tender, approximately 8 minutes, depending on the size of the caps.

Approximately values per 4-oz. (120-g) serving: **Calories** 140, **Total fat** 10 g, **Saturated fat** 1.5 g, **Cholesterol** 0 mg, **Sodium** 790 mg, **Total carbohydrates** 8 g, **Protein** 6 g, **Claims**—no cholesterol; high fiber

RECIPE 22.13

GRILLED BABY SQUASH WITH HONEY CARDAMOM BUTTER



SENCHA, COLORADO SPRINGS, CO

Chef Brent Beavers

Yield: 6 Servings **Method:** Grilling

Baby pattypan squash, yellow, green and white	30	30
Vegetable oil	as needed	as needed
Black pepper	TT	TT
Honey Cardamom Butter (recipe follows)	6 oz.	180 g

1. If some of the squash are large, cut them in halves or quarters so they will cook uniformly.
2. Brush the squash with oil and season them with pepper.

3 Drain any excess oil from the squash, then cook on a hot grill until they begin to brown and are tender, approximately 6 to 8 minutes.
4 Remove from the grill and arrange on hot plates. Top each serving of squash with 1 to 2 tablespoons (15 to 30 milliliters) of Honey Cardamom Butter.

Approximate values per serving: **Calories** 230, **Total fat** 23 g, **Saturated fat** 14 g, **Cholesterol** 60 mg, **Sodium** 150 mg, **Total carbohydrates** 6 g, **Protein** 3 g, **Vitamin A** 25%, **Vitamin C** 45%

HONEY CARDAMOM BUTTER

Yield: 1 lb. (450 g)

Whole butter	1 lb.	450 g
Cardamom	2 Tbsp.	30 ml
Kosher salt	1 tsp.	5 ml
Black pepper	1 tsp.	5 ml
Honey	2 fl. oz.	60 ml

1 In a sauté pan, heat the butter until it begins to brown. Add the cardamom, salt and pepper. Remove from the heat and add the honey.
2 Cool the mixture at room temperature until it begins to solidify. Transfer to the bowl of a small mixer and whip until it emulsifies. Transfer to a piece of parchment paper or plastic and form into a log. Refrigerate until ready to use.

Approximate values per 1-oz. (30-g) serving: **Calories** 220, **Total fat** 23 g, **Saturated fat** 14 g, **Cholesterol** 60 mg, **Sodium** 150 mg, **Total carbohydrates** 4 g, **Protein** 0, **Vitamin A** 15%

ARIZONA BAKED CORN

RECIPE 22.14

NEWBURY COLLEGE, BROOKLINE, MA

Senior Instructor Scott Doughty

Yield: 8 Servings **Method:** Baking

Onions, minced	1 pt.	450 ml
Vegetable oil	1 fl. oz.	30 ml
Celery, minced	2 Tbsp.	30 ml
Chilli powder	5 Tbsp.	75 ml
Chipotle peppers, canned, seeded and minced	5 tsp.	25 ml
Tomato sauce, canned	6 fl. oz.	180 ml
Chicken stock, hot	8 fl. oz.	225 ml
Fresh corn kernels	3 lb.	1.4 kg
Salt	3/4 tsp.	4 ml
Monterey Jack, grated	4 oz.	120 g

1 Sweat the onions in the vegetable oil for 8 minutes without browning. Add the celery and cook for an additional 2 minutes.
2 Stir in the chilli powder, chipotle peppers, tomato sauce, stock, corn and salt.
3 Pour the mixture into a buttered 2-inch- (5-centimeter-) deep one-third-size hotel pan. Cover and bake at 350°F (180°C) for 1 hour 15 minutes. Uncover, spread the grated cheese over the top and return to the oven until the cheese melts and begins to brown.

Approximate values per serving: **Calories** 310, **Total fat** 11 g, **Saturated fat** 3.5 g, **Cholesterol** 15 mg, **Sodium** 600 mg, **Total carbohydrates** 51 g, **Protein** 11 g, **Vitamin A** 40%, **Vitamin C** 35%, **Calcium** 15%, **Iron** 10%, **Claims**—high in vitamins A and C; source of calcium and iron

RECIPE 22.15 BAKED BEANS

Note: This dish appears in the Chapter 17 opening photograph.

Yield: 1½ qt. (1.5 lt) **Method:** Baking

Great Northern beans, soaked	1 lb.	450 g
Onions, small dice	4 oz.	120 g
Anaheim chile, small dice	1 oz.	30 g
Molasses	3 oz.	90 g
Brown sugar	3 oz.	90 g
Catsup	8 oz.	250 g
Prepared mustard	2 Tbsp.	30 ml
Cider vinegar	1 Tbsp.	15 ml
Worcestershire sauce	2 Tbsp.	30 ml
Tabasco sauce	TT	TT
Salt and pepper	TT	TT

1. Simmer the beans in water until almost tender, approximately 45 minutes. Drain well.
2. Combine the remaining ingredients, blending well.
3. Add the sauce to the beans, tossing to coat thoroughly. Adjust the seasonings.
4. Place the beans in a hotel pan or a 2-quart (2-liter) baking dish. Cover and bake in a 350°F (180°C) oven until the beans are completely tender, approximately 30 to 40 minutes.

Approximate values per 3-oz. (90-g) serving: **Calories** 120, **Total fat** 0 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 490 mg, **Total carbohydrates** 26 g, **Protein** 4 g, **Vitamin C** 15%, **Claims**—fat free; good source of fiber

RECIPE 22.16 GARLIC TIMBALES

Yield: 8 Timbales, 2 oz. (60 ml) each **Method:** Baking

Garlic cloves, peeled	10	10
Milk	3 fl. oz.	90 ml
Heavy cream	8 fl. oz.	250 ml
Eggs	2	2
Dried thyme	1 tsp.	5 ml
Salt and pepper	TT	TT

1. Butter eight small ramekins or timbales.
2. Place the garlic in a small saucepan, add enough water to cover and bring to a boil. Drain. Repeat this blanching procedure two more times.
3. Place the garlic in a blender with the milk and blend. Add the cream, eggs and thyme; blend until smooth. Season with salt and pepper.
4. Divide the custard among the timbales and place in a water bath. Bake for 30 to 45 minutes at 325°F (160°C).
5. Run a paring knife around the rim and unmold onto the serving plate.

Variations: *Broccoli or Cauliflower Timbales*—Place 1 ounce (30 grams) of blanched broccoli or cauliflower in each buttered timbale before adding the garlic custard mixture.

Approximate values per 2-oz. (60-g) serving: **Calories** 130, **Total fat** 12 g, **Saturated fat** 7 g, **Cholesterol** 95 mg, **Sodium** 320 mg, **Total carbohydrates** 3 g, **Protein** 3 g, **Vitamin A** 15%

MUSHROOM AND MANCHEGO TIMBALES

RECIPE 22.17

Yield: 12 Timbales, 2½ fl. oz. (70 ml) each **Method:** Sautéing/Baking

Whole butter	1 oz.	30 g
Shallots, minced	4	4
Mushrooms, chopped fine	4 oz.	120 g
Heavy cream	10 fl. oz.	300 ml
Large eggs	3	3
Salt	½ tsp.	3 ml
Paprika	¼ tsp.	1 ml
Nutmeg	⅛ tsp.	0.5 ml
Spanish Manchego cheese, grated	2 c.	470 ml

1. Melt the butter in a sauté pan and cook the shallots and mushrooms until tender and just beginning to brown, approximately 5 minutes.
2. Beat together the cream, eggs, salt, paprika and nutmeg in a large bowl. Stir in the cheese and the sautéed mushrooms and shallots.
3. Coat 12 small ramekins with clarified butter. Spoon the custard into the ramekins.
4. Place the ramekins in a baking pan and place on the shelf of a preheated 325°F (160°C) oven. Pour hot water into the baking pan so that the water reaches halfway up the sides of the ramekins. Bake for 30 minutes or until a knife inserted in the custard comes out clean.
5. Allow the custards to sit for approximately 5 minutes, then unmold and serve warm.
6. The timbales can be made in advance and then reheated by covering the ramekins with aluminum foil and returning them to a hot water bath for approximately 10 minutes.

Approximate values per timbale: **Calories** 200, **Total fat** 19 g, **Saturated fat** 11 g, **Cholesterol** 110 mg, **Sodium** 240 mg, **Total carbohydrates** 2 g, **Protein** 7 g, **Vitamin A** 15%, **Calcium** 15%

ROASTED TOMATO, ONION AND GOAT CHEESE FRITTATINI

RECIPE 22.18

Yield: 24 Servings **Method:** Baking

Roma tomatoes	4	4
Salt and pepper	TT	TT
Extra virgin olive oil	4 Tbsp.	60 ml
Vegetable shortening	as needed	as needed
Red onion, finely diced	½	½
Eggs	5	5
Milk	2 fl. oz.	60 ml
Parmesan, grated	3 Tbsp.	45 ml
Fresh basil leaves, chopped	1 Tbsp.	15 ml
Goat cheese, crumbled	2 oz.	60 g

1. Quarter the tomatoes and squeeze out the excess juice. Toss the tomatoes with salt, pepper and a small amount of the olive oil. Spread them on a sheet pan and roast in a 350°F (180°C) oven for 20 minutes. Allow the tomatoes to cool, then chop coarsely.

2 Brush 24 muffin cups well with the vegetable shortening.
3 Heat the remaining olive oil in a small sauté pan. Add the onion and cook until translucent but not brown. Remove from the heat and cool to room temperature.
4 In a medium bowl, beat the eggs. Beat in the milk, then add the parmesan, onion, chopped basil, goat cheese and tomatoes. Season with salt and pepper and stir well.
5 Fill the prepared muffin tins one-third full with the mixture. Bake at 350°F (180°C) until the frittatini are golden and feel firm to the touch. Cool slightly, carefully unmold and serve warm.
6 As a first course, serve one frittatini per person garnished with fresh basil leaves and accompanied by approximately 1/4 cup (60 milliliters) of dressed mesclun salad. Serve two per person for a main course, or present the frittatini on a decorative serving platter for a buffet.

Approximate values per frittatini: **Calories** 50, **Total fat** 4 g, **Saturated fat** 1 g, **Cholesterol** 45 mg, **Sodium** 40 mg, **Total carbohydrates** 1 g, **Protein** 2 g

RECIPE 22.19

STUFFED CUBANELLE PEPPERS

SOUTHERN NEW HAMPSHIRE UNIVERSITY,
MANCHESTER, NH
John C. Knorr

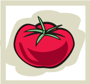
Yield: 12 Peppers **Method:** Blanching/Baking

Cubanelle peppers	12	12
Chicken breasts, boneless, skinless	24 oz.	680 g
Salt and pepper	TT	TT
Vegetable oil	2 tsp.	10 ml
Cream cheese, soft	12 oz.	340 g
Salsa	2 1/2 pt.	1.2 lt
Monterey Jack, shredded	12 oz.	340 g

1 Cut 1/2 inch (1.5 centimeters) from the top of each pepper and reserve the tops. Remove the membranes and seeds from the body and blanch in boiling water for 30 seconds. Remove from the water, drain and cool.
2 Season the chicken breasts with salt and pepper. Brush them with vegetable oil and grill until done. Cool the chicken and slice into thin strips.
3 Combine the chicken, cream cheese and 1 1/4 cups (300 milliliters) of the salsa in a small mixer. Season with salt and pepper and mix well but do not purée.
4 Fill the peppers with the chicken mixture and replace the tops. Place the peppers in a baking dish and cover with the remaining salsa and shredded cheese. Bake the peppers at 375°F (190°C) until hot, approximately 30 minutes.

Note: If Cubanelle peppers are not available, fresh de agua, pimento (*chile pimiento*) or small poblano chiles can be substituted.

Approximate values per serving: **Calories** 320, **Total fat** 21 g, **Saturated fat** 12 g, **Cholesterol** 90 mg, **Sodium** 730 mg, **Total carbohydrates** 12 g, **Protein** 23 g, **Vitamin A** 35%, **Vitamin C** 140%, **Calcium** 30%, **Iron** 15%



SCALLOPED EGGPLANT

RECIPE 22.20

NEWBURY COLLEGE, BROOKLINE, MA
Senior Instructor Scott Doughty

Yield: 8 Servings **Method:** Sautéing/Baking

Green bell peppers, small dice	2 oz.	60 g
Onions, small dice	2 oz.	60 g
Butter	2 oz.	60 g
Eggplants, peeled, medium dice	2	2
Tomato concassée	2 lb.	900 g
Salt	1 1/2 tsp.	8 ml
Black pepper	1/4 tsp.	2 ml
Fresh bread crumbs, crustless	6 oz.	180 g
Clarified butter	1 fl. oz.	30 ml

1 Sauté the bell peppers and onions in the butter until slightly browned. Add the eggplant, tomatoes concassée, salt and pepper. Cook gently for 10 minutes. Transfer to a 2-inch- (5-centimeter-) deep one-third-size hotel pan.

2 Combine the bread crumbs with the clarified butter and spread over the top of the eggplant.

3 Bake at 375°F (190°C) until the eggplant is tender and the bread crumbs are browned, approximately 30 to 40 minutes.

Approximate values per serving: **Calories** 190, **Total fat** 10 g, **Saturated fat** 6 g, **Cholesterol** 25 mg, **Sodium** 560 mg, **Total carbohydrates** 24 g, **Protein** 4 g, **Vitamin A** 25%, **Vitamin C** 50%



DUXELLES

RECIPE 22.21

Yield: 12 oz. (350 g) **Method:** Sautéing

Mushrooms	1 lb.	500 g
Shallots, minced	2 Tbsp.	30 ml
Garlic, chopped	1 tsp.	5 ml
Whole butter	1 Tbsp.	15 ml
Salt and pepper	TT	TT
Fresh parsley, chopped	1 Tbsp.	15 ml



1 Sautéing the mushrooms and shallots.



2 The finished duxelles.

1. Chop the mushrooms very finely.
2. Sauté the shallots and garlic in the butter until tender. Add the mushrooms and sauté until dry.
3. Season with salt and pepper and add the parsley. Cool and then use the duxelles as a stuffing for vegetables or as a flavoring ingredient in other recipes.

Approximate values per 1-oz. (30-g) serving: **Calories** 20, **Total fat** 1 g, **Saturated fat** 0.5 g, **Cholesterol** 5 mg, **Sodium** 210 mg, **Total carbohydrates** 2 g, **Protein** 1 g, **Claims**—low fat; low cholesterol; low calorie

RECIPE 22.22

MAPLE-GLAZED CARROTS

Yield: 16 Servings, 4 oz. (120 g) each **Method:** Sautéing

Carrots	4 lb.	1.8 kg
Whole butter	4 oz.	120 g
Salt and pepper	TT	TT
Maple syrup	4 fl. oz.	120 ml
Fresh parsley, chopped	2 Tbsp.	30 ml

1. Peel the carrots and cut into a shape such as oblique, tourné or rondelle.
2. Parboil the carrots in salt water and refresh. The carrots should be very firm.
3. Sauté the carrots in the butter until nearly tender.
4. Season with salt and pepper, and add the maple syrup. Cook briefly, tossing the carrots so that they are coated with the maple syrup. Garnish with the parsley.

Approximate values per 4-oz. (120-g) serving: **Calories** 120, **Total fat** 6 g, **Saturated fat** 3.5 g, **Cholesterol** 15 mg, **Sodium** 260 mg, **Total carbohydrates** 16 g, **Protein** 1 g, **Vitamin A** 220%, **Vitamin C** 15%

RECIPE 22.23

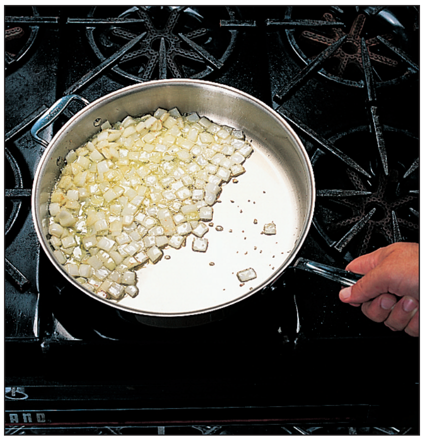
CREAMED CORN WITH BASIL

Yield: 10 Servings, 4 oz. (120 g) each **Method:** Sautéing

Corn	12 ears	12 ears
Onion, small dice	4 oz.	120 g
Whole butter	2 oz.	60 g
Heavy cream	8 fl. oz.	250 ml
Fresh basil leaves, chopped	2 Tbsp.	30 ml
Salt and white pepper	TT	TT

1. Cut the kernels from the ears.
2. Sauté the onion in the butter without browning.
3. Add the corn and sauté until hot.
4. Add the cream. Bring to a boil and reduce slightly. Add the basil and season with salt and white pepper.

Approximate values per 4-oz. (120-g) serving: **Calories** 210, **Total fat** 14 g, **Saturated fat** 8 g, **Cholesterol** 45 mg, **Sodium** 290 mg, **Total carbohydrates** 19 g, **Protein** 3 g, **Vitamin A** 15%



1 Sautéing the onions and garlic.



2 Adding the peppers, eggplant and zucchini.



3 The finished ratatouille.

RATATOUILLE

RECIPE 22.24

Yield: 16 Servings, 4 oz. (120 g) each **Method:** Sautéing

Onion, medium dice	12 oz.	360 g
Garlic, chopped	1 Tbsp.	15 ml
Olive oil	4 fl. oz.	120 ml
Green bell pepper, medium dice	6 oz.	180 g
Red bell pepper, medium dice	6 oz.	180 g
Eggplant, medium dice	12 oz.	360 g
Zucchini, medium dice	8 oz.	250 g
Tomato concassée	24 oz.	620 g
Fresh basil leaves, chiffonade	1 oz.	30 g
Salt	1 oz.	30 g
Black pepper	TT	TT

1 Sauté the onion and garlic in the olive oil.
2 Add the bell peppers, eggplant and zucchini and sauté until tender, approximately 10 minutes.
3 Add the tomato concassée, basil and seasonings. Sauté for 5 minutes. Adjust the seasonings.

Approximate values per 4-oz. (120-g) serving: **Calories** 90, **Total fat** 7 g, **Saturated fat** 1 g, **Cholesterol** 0 mg, **Sodium** 690 mg, **Total carbohydrates** 6 g, **Protein** 1 g, **Vitamin C** 35%, **Claims**—low saturated fat; no cholesterol

BEET AND CORN SALAD

RECIPE 22.25

PRIMITIVO WINE BAR, COLORADO SPRINGS, CO

John Broening, Executive Chef



Yield: 8 Servings **Method:** Boiling

Dressing:

Fresh lime juice	2 fl. oz.	60 ml
Granulated sugar	2 tsp.	10 ml
Salt and pepper	TT	TT
Extra virgin olive oil	4 fl. oz.	120 ml
Corn oil	4 fl. oz.	120 ml

Continued

Beets, small, red, gold or candy stripe	1 lb.	450 g
Salt	TT	TT
Ears of corn, silk removed	6	6
Green onion, minced	1	1
Fresh cilantro leaves	1/4 c.	60 ml
Goat cheese, crumbled	4 oz.	120 g
Black pepper	TT	TT
Arugula	1 bunch	1 bunch

1. To make the dressing, whisk together the lime juice, sugar, salt and pepper. Slowly whisk in the oils to emulsify.
2. Boil the beets in salted water until tender, approximately 15 minutes. Drain, cool, peel, dice and reserve.
3. Boil the ears of corn in salted water until tender, approximately 3 minutes. Drain, cool, cut the kernels from the cobs and reserve.
4. In a stainless steel bowl, mix together the beets, corn, green onion, cilantro and goat cheese. Toss with the dressing and adjust the seasoning with salt and pepper. Garnish with the arugula and serve.

Approximate values per serving: **Calories** 370, **Total fat** 31 g, **Saturated fat** 6 g, **Cholesterol** 5 mg, **Sodium** 110 mg, **Total carbohydrates** 21 g, **Protein** 6 g, **Vitamin A** 15%, **Vitamin C** 20%

RECIPE 22.26

PEAS WITH FENNEL AND BACON

Yield: 1 lb. 8 oz. (680 g) **Method:** Sautéing/Simmering

Olive oil	4 Tbsp.	60 ml
Garlic clove, minced	1	1
Onion, small dice	4 oz.	120 g
Fennel bulb, small dice	6 oz.	180 g
Bacon, blanched, small dice	4 oz.	120 g
Peas, fresh or frozen	1 1/2 lb.	700 g
Salt and pepper	TT	TT
Chicken stock	4 fl. oz.	120 ml

1. Heat the olive oil in a medium sauté pan. Add the garlic, onion and fennel. Sauté until the vegetables are soft. Add the bacon and sauté for 3 minutes. Add the peas and mix well. Season with salt and pepper.
2. Add the chicken stock and cook over low heat until almost no liquid remains and the peas are tender. Adjust the seasonings and serve hot.

Approximate values per 4-oz. (120-g) serving: **Calories** 220, **Total fat** 12 g, **Saturated fat** 2.5 g, **Cholesterol** 5 mg, **Sodium** 8 mg, **Total carbohydrates** 20 g, **Protein** 8 g, **Vitamin A** 15%, **Vitamin C** 35%, Iron 10%

RECIPE 22.27

WOK VEGETABLES

FLYING FISH, SEATTLE, WA

Chef-Owner Christine Keff

Yield: 6 Servings **Method:** Sautéing

Green cabbage	1/2 head	1/2 head
Zucchini	1	1
Yellow squash	1	1
Peanut oil	1 Tbsp.	15 ml
Fresh ginger, 1-in. (2.5-cm) piece, peeled and chopped fine	1	1
Garlic cloves, chopped fine	2	2

Fresh cilantro, chopped coarse	2 oz.	60 g
Peanuts, roasted, unsalted, chopped	2 Tbsp.	30 ml
Sesame oil	1 Tbsp.	15 ml
Sesame seeds	1 tsp.	5 ml
Soy sauce	2 Tbsp.	30 ml
Fresh lime juice	2 Tbsp.	30 ml
Mirin	2 Tbsp.	30 ml
Rice wine vinegar	2 Tbsp.	30 ml
Salt and pepper	TT	TT

1 Core the cabbage and cut into a rough julienne.
2 Grate the outside of the zucchini and the yellow squash, discarding the inner seeds.
3 Heat the peanut oil in a wok or large skillet over high heat. Add the ginger, garlic, cabbage, squashes, cilantro, peanuts, sesame oil and sesame seeds. Cook, tossing frequently, until the vegetables begin to wilt.
4 Deglaze the pan with soy sauce, lime juice, mirin and vinegar. Season to taste with salt and pepper.

Approximate values per 6-oz. (180-g) serving: **Calories** 114, **Total fat** 7 g, **Saturated fat** 1 g, **Cholesterol** 0 mg, **Sodium** 443 mg, **Total carbohydrates** 12 g, **Protein** 3 g, **Claims**—low saturated fat no cholesterol good source of fiber

STIR-FRIED SNOW PEAS

RECIPE 22.28

Yield: 6 Servings, 3 oz. (90 g) each **Method:** Sautéing

Snow peas	1 lb.	500 g
Garlic, chopped	2 tsp.	10 ml
Vegetable oil	2 fl. oz.	60 ml
Sesame oil	1 tsp.	5 ml
Water chestnuts, sliced	4 oz.	120 g
Salt	TT	TT

1 Snap the snow peas and remove the strings.
2 Blanch the snow peas and refresh.
3 Stir-fry the garlic in the vegetable and sesame oils for 10 seconds. Add the water chestnuts.
4 Add the snow peas and stir-fry until tender, approximately 1 minute. Season to taste with salt.

Approximate values per 3-oz. (90-g) serving: **Calories** 130, **Total fat** 10 g, **Saturated fat** 1.5 g, **Cholesterol** 0 mg, **Sodium** 0 mg, **Total carbohydrates** 8 g, **Protein** 2 g, **Vitamin C** 80%

SPICED BEAN CURD

RECIPE 22.29

Yield: 4 Servings, 4 fl. oz. (120 ml) each **Method:** Sautéing

Soy sauce, dark	2 Tbsp.	30 ml
Rice wine	1 Tbsp.	15 ml
Peanut butter	1 oz.	30 g
Brown sugar	1 tsp.	5 ml
Asian-style hot sauce	1 tsp.	5 ml
Bean curd (tofu), firm	1 lb.	450 g
Sesame oil	2 fl. oz.	60 ml

Continued

Fresh ginger, minced	1 Tbsp.	15 ml
Garlic, finely minced	1 Tbsp.	15 ml
Bean sprouts, washed and drained	1 pt.	450 ml
Green onions, sliced	3	3
Peanuts, chopped	3 Tbsp.	50 ml

1 In a small bowl combine the soy sauce, rice wine, peanut butter, brown sugar and hot sauce. Mix well and set aside.
2 Cut the bean curd into medium dice. Heat a wok or sauté pan, add the sesame oil and the bean curd and stir-fry until the curd begins to brown, approximately 5 minutes. Gently remove the bean curd from the wok or sauté pan and hold in a warm place.
3 In the same pan, stir-fry the ginger and garlic until they start to brown. Add the soy sauce and rice wine mixture to the pan.
4 Return the bean curd to the pan. Add the bean sprouts and green onions and stir-fry just long enough to coat everything with the sauce. Garnish with peanuts and serve.

Approximate values per serving: **Calories** 320, **Total fat** 26 g, **Saturated fat** 4 g, **Cholesterol** 0 mg, **Sodium** 560 mg, **Total carbohydrates** 12 g, **Protein** 15 g, **Vitamin C** 15%, **Calcium** 20%, **Iron** 15%, **Claims**—good source of fiber, vitamin C, calcium and iron

RECIPE 22.30

PAN-FRIED EGGPLANT WITH TOMATO SAUCE

NEWBURY COLLEGE, BROOKLINE, MA

Senior Instructor Scott Doughty

Yield: 8 Servings **Method:** Pan-frying

Eggplant, large	1	1
Tomato sauce	1 pt.	450 ml
Flour	4 oz.	120 g
Salt	as needed	as needed
White pepper	1 tsp.	5 ml
Egg wash	1 c.	240 ml
Fresh bread crumbs, crustless	8 oz.	240 g
Vegetable oil	as needed	as needed

1 Trim the ends from the eggplant. Remove strips of peel, lengthwise, with a chef's knife, leaving narrow strips of peel between the cuts. Cut into round slices 1/4 inch (6 millimeters) thick.
2 Warm the tomato sauce.
3 Season the flour with salt and add the white pepper. Using the standard breading procedure described in Chapter 9, Mise en Place, bread the eggplant slices (finishing with the bread crumbs) and arrange them in a single layer on a sheet pan. Separate the layers with parchment.
4 Heat two sautoirs and add a 1/4-inch (6-millimeter) layer of oil in each. When the oil is hot, pan-fry the eggplant slices until golden brown, then turn and cook until tender. Remove and drain on a rack. Repeat until all the slices are cooked, adding more oil as necessary.
5 Arrange the slices on a large serving platter and ladle the tomato sauce attractively over the eggplant.

Approximate values per serving: **Calories** 220, **Total fat** 10 g, **Saturated fat** 1.5 g, **Cholesterol** 55 mg, **Sodium** 530 mg, **Total carbohydrates** 29 g, **Protein** 6 g, **Vitamin A** 15%, **Vitamin C** 15%, **Iron** 10%

TEMPURA VEGETABLES WITH DIPPING SAUCE

RECIPE 22.31

Yield: 1 qt. (1 lt) of batter, enough for 4 lb. (1.8 kg) of vegetables

Method: Deep-frying

Dipping sauce:		
Mirin	2 fl. oz.	60 ml
Soy sauce	4 fl. oz.	120 ml
Rice wine vinegar	2 fl. oz.	60 ml
Lemon juice	1 Tbsp.	15 ml
Wasabi powder	1 tsp.	5 ml
Tempura batter:		
Eggs	2	2
Sparkling water, cold	1 pt.	500 ml
Flour	10 oz.	300 g
Sweet potato, approx. 8 oz. (250 g)	1	1
Broccoli florets	8 oz.	250 g
Mushrooms, small, whole	1 lb.	450 g
Zucchini, batonnet	8 oz.	250 g

1. Combine all of the dipping sauce ingredients. Set aside.
2. To prepare the batter, beat the eggs and add the cold water.
3. Add the flour to the egg-and-water mixture and mix until the flour is incorporated. There should still be small lumps in the batter. Overmixing develops gluten, which is undesirable.
4. Peel the sweet potato and cut it into 1/4-inch- (6-millimeter-) thick slices. If the potato is large, cut each slice in half to make semicircles.
5. Blanch the broccoli florets briefly in boiling water. Drain and pat dry with paper towels.
6. Drop the vegetables in the batter a few at a time. Remove them from the batter one at a time and drop them into the deep-fryer using the swimming method. Cook until done. Remove and drain.
7. Arrange the tempura vegetables on a serving platter. Serve the dipping sauce on the side.

Approximate values per 4-oz. (120-g) serving: **Calories** 240, **Total fat** 15 g, **Saturated fat** 2.5 g, **Cholesterol** 25 mg, **Sodium** 530 mg, **Total carbohydrates** 22 g, **Protein** 5 g, **Vitamin A** 50%, **Vitamin C** 30%, **Iron** 10%



1 Mixing the tempura batter.



2 Battering the vegetables.



3 Frying the vegetables using the swimming method.



4 Arranging the tempura vegetables for service.

RECIPE 22.32

TUNA-STUFFED CHILE RELLENO WITH SALSA AND TEQUILA MOLE



▶**Cojita (ko-HEE-ta)** an aged, hard, salty Mexican cow's-milk cheese; similar to feta, although not soaked in brine

SENCHA, COLORADO SPRINGS, CO
Chef Brent Beavers

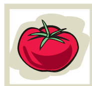
Yield: 5 Servings **Method:** Pan-frying

Poblano chiles	5	5
Fresh tuna, small dice	20 oz.	550 g
Monterey Jack, shredded	10 oz.	300 g
Eggs, separated	7	7
Vegetable oil	as needed	as needed
Flour	as needed for dredging	
Salt and pepper	TT	TT
Rice, cooked	3¾ c.	830 ml
Rellenos Salsa (recipe follows)	1 qt.	1 lt
Cojita	3 oz.	90 g
Tequila Mole (recipe follows)	as needed	as needed

1. Roast the poblanos, then slit them from top to bottom and remove the seeds, keeping the skin intact.
2. Stuff each chile with 4 ounces (120 grams) of tuna and 2 ounces (60 grams) of cheese.
3. Whip the egg whites to soft peaks. Whip the yolks and fold the yolks into the whites until well mixed.
4. Pour vegetable oil into a large heavy saucepan to a depth of ¾ inch (2 centimeters) and heat.
5. Season the flour with salt and pepper. Roll the chiles in the flour and gently dip them into the egg mixture. Immediately fry them until they are golden brown, approximately 6 to 7 minutes.
6. Plate each chile on a mound of rice topped with Rellenos Salsa and crumbled cojita. Using a squirt bottle, add the Tequila Mole.

Approximate values per serving, with salsa: **Calories** 830, **Total fat** 40 g, **Saturated fat** 18 g, **Cholesterol** 415 mg, **Sodium** 1150 mg, **Total carbohydrates** 49 g, **Protein** 72 g, **Vitamin A** 190%, **Vitamin C** 160%, **Calcium** 80%, **Iron** 45%

RELLENOS SALSA



Yield: 1 qt. (1 lt)

Tomatoes	2 lb. 8 oz.	1.1 kg
Onion, peeled, large dice	1	1
Jalapeños	5 oz.	150 g
Garlic cloves	4	4
Fresh basil, chopped	½ c.	120 ml
Fresh tomato juice	1 pt.	450 ml
Salt and pepper	TT	TT

1. Place the tomatoes, onion, jalapeños and garlic in a saucepot and add enough water to cover. Bring to a boil and cook until the onion is tender, approximately 5 minutes.
2. Drain the vegetables. Peel the tomatoes and discard the skin. Remove the stems from the jalapeños and discard. Purée the vegetables in a food processor until very smooth.

3 Return the purée to a saucepan, add the basil and tomato juice and bring to a boil. Season with salt and pepper and hold for service.

Approximate values per ounce (30 g): **Calories** 15, **Total fat** 0 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 60 mg, **Total carbohydrates** 3 g, **Protein** 1 g, **Vitamin C** 25%

TEQUILA MOLE

Yield: 3 pt. (1.4 lt)

Garlic cloves	3 oz.	90 g
Onions, chopped	2 lb.	900 g
Poblano chiles, chopped	2 lb. 8 oz.	1.1 kg
Olive oil	2 fl. oz.	60 ml
Tequila	2 Tbsp.	30 ml
Chocolate syrup	4 fl. oz.	120 ml
Cocoa powder	2 oz.	60 g
Five-spice powder	3 Tbsp.	45 ml

1 Sweat the garlic, onions and poblanos in the oil until tender. Add the tequila and cook for 1 minute. Add the chocolate syrup and cocoa and mix well. Add the five-spice powder and remove from the heat.

2 Purée in a food processor or blender until very smooth, thinning with a little water if necessary.

Approximate values per ounce (30 g): **Calories** 45, **Total fat** 1.5 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 0 mg, **Total carbohydrates** 8 g, **Protein** 1 g, **Vitamin C** 100%

SWISS CHARD WITH LEMON AND PINE NUTS

RECIPE 22.33

Yield: 8 Servings, 3-oz. (90 g) each **Method:** Simmering

Swiss chard, trimmed, stems and leaves separated	2 lb.	1 kg
Water	1 pt.	500 ml
Lemon juice	2 fl. oz.	60 ml
Extra virgin olive oil	2 fl. oz.	60 ml
Salt and pepper	TT	TT
Pine nuts, toasted and chopped	2 oz.	60 g

1 Cut the chard into 1- to 2-inch (2.5- to 5-centimeter) strips on a diagonal.

2 Combine the chard, water and 1 ounce (30 grams) of lemon juice in a nonreactive pan. Simmer until tender, stirring frequently, approximately 10 to 15 minutes.

3 Drain. Toss with the remaining lemon juice and the olive oil. Season with salt and pepper and arrange on plates. Garnish with the pine nuts.

Approximate values per 3-oz. (90-g) serving: **Calories** 220, **Total fat** 12 g, **Saturated fat** 1.5 g, **Cholesterol** 0 mg, **Sodium** 1020 mg, **Total carbohydrates** 19 g, **Protein** 8 g, **Vitamin A** 130%, **Vitamin C** 130%, **Iron** 50%, **Claims**—no cholesterol; high fiber

RECIPE 22.34 COLLARD GREENS

JOLIET JUNIOR COLLEGE, JOLIET, IL
Keith G. Vonhoff, CCE, CEPC, CHA, CHE, FMP, CCP

Yield: 8 Servings **Method:** Simmering

Ham hocks, smoked	6	6
Chile flakes	½ tsp.	3 ml
Water	as needed	as needed
Collard greens	4 lb.	1.8 kg
Green onions, small dice	2	2
Brown sugar	2 tsp.	10 ml
Cider vinegar	2 fl. oz.	60 ml
Salt and pepper	TT	TT

1. In a medium saucepot, combine the ham hocks and chile flakes. Cover with 1 inch (2.5 centimeters) of water, bring to a boil, reduce to a simmer and cook until the hocks are tender, approximately 1 hour. Remove the hocks from the pot, reserving the cooking liquid, which is known as pot liquor.
2. Wash, trim and cut the collard greens. Add them to the pot liquor and simmer until tender, approximately 45 minutes to 1 hour.
3. Add the green onions, sugar and vinegar to the greens. Bring to a simmer and reduce the liquid until it coats the collard greens. Season to taste with salt and pepper.
4. Remove the meat from the ham hocks and cut into a medium dice. Stir the diced ham into the greens and serve.

Approximate values per serving: **Calories** 200, **Total fat** 10 g, **Saturated fat** 3.5 g, **Cholesterol** 40 mg, **Sodium** 60 mg, **Total carbohydrates** 15 g, **Protein** 16 g, **Vitamin A** 170%, **Vitamin C** 80%, **Calcium** 30%, **Iron** 10%

RECIPE 22.35 CALABACITAS

Yield: 1 qt. (1 lt) **Method:** Simmering

White onion, large, chopped coarse	1	1
Red bell pepper, seeded, chopped fine	½	½
Garlic cloves, minced	2	2
Corn oil	1 Tbsp.	15 ml
Corn kernels	8 oz.	250 g
Yellow squash, chopped	1 lb.	500 g
Zucchini, chopped	1 lb.	500 g
Anaheim chiles, roasted, peeled, seeded and diced	2	2
Water, hot	4 fl. oz.	120 ml
Cumin, ground	1 tsp.	5 ml
Salt and pepper	TT	TT

1. In a large, deep pan sauté the onion, bell pepper and garlic in the oil. Add the corn and cook until very lightly browned.
2. Add the squash, zucchini and chiles along with the water, cumin and seasonings. Cover, reduce the heat, and simmer until tender, approximately 15 minutes. Adjust the seasonings

Approximate values per ½-c. (120-ml) serving: **Calories** 70, **Total fat** 2.5 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 10 mg, **Total carbohydrates** 13 g, **Protein** 2 g, **Vitamin A** 15%, **Vitamin C** 80%, **Claims**—low fat, low sodium; no saturated fat; no cholesterol; good source of vitamins A and C

SPINACH AU GRATIN

RECIPE 22.36

RUTH'S CHRIS STEAK HOUSE, PHOENIX, AZ



Yield: 8 Servings, 8 oz. (240 g) each

Method: Boiling/Broiling

Clarified butter	1 fl. oz.	30 ml
Flour	1 oz.	30 g
Half-and-half	1 pt.	450 ml
Frozen chopped spinach, thawed	2 lb. 8 oz.	2.4 kg
Salt and pepper	TT	TT
Cheddar cheese, shredded	1 lb. 8 oz.	700 g

1 Heat the butter in a saucepan. Add the flour and cook to make a blond roux.
2 Add the half-and-half, whisking to remove any lumps of roux. Bring to a simmer and cook for 15 minutes.
3 Drop the spinach into boiling salted water and cook for 2 minutes. Remove from the heat and drain well.
4 Combine the hot spinach with the cream sauce and adjust the seasonings.
5 Fill eight 10-ounce gratin dishes with the creamed spinach. Top each with 3 ounces (90 grams) of shredded Cheddar cheese and place under the broiler until the cheese is melted and browned and the spinach is very hot. Serve immediately.

Approximate values per 8-oz. (240-g) serving: **Calories** 510, **Total fat** 38 g, **Saturated fat** 24 g, **Cholesterol** 120 mg, **Sodium** 960 mg, **Total carbohydrates** 14 g, **Protein** 28 g, **Vitamin A** 140%, **Calcium** 90%

GLAZED PEARL ONIONS

RECIPE 22.37

Yield: 1 lb. (450 g)

Method: Boiling

Pearl onions, peeled	1 lb.	500 g
Whole butter	1 1/2 oz.	45 g
Granulated sugar	1 Tbsp.	15 ml
Salt and pepper	TT	TT

1 Place the onions, butter and sugar in a sauté pan and add enough water to barely cover.
2 Boil the onions, allowing the water to evaporate. As the water evaporates, the butter-and-sugar mixture will begin to coat the onions. When the water is



1 Boiling the pearl onions.



2 Glazing the onions in butter and sugar.

nearly gone, test the doneness of the onions. If they are still firm, add a small amount of water and continue to boil until the onions are tender.

3 Sauté the onions in the butter-and-sugar mixture until they are glazed. Season to taste.

Variations: Vegetables such as carrots, turnips, zucchini and other squashes can also be glazed with this procedure. They should be cut into appropriate shapes such as a tourné and be large enough so that they glaze properly without overcooking. When preparing a mix of glazed vegetables, cook each type separately because each has a different cooking time.

Approximate values per 2-oz. (60-g) serving: **Calories** 70, **Total fat** 4.5 g, **Saturated fat** 2.5 g, **Cholesterol** 10 mg, **Sodium** 340 mg, **Total carbohydrates** 8 g, **Protein** 1 g

RECIPE 22.38

MIXED BEAN SALAD



Yield: 12 Servings, 3 oz. (90 g) each **Method:** Steaming/Boiling

Green beans, cut in ½-in. (1.2-cm) pieces	4 oz.	120 g
Dressing:		
White wine vinegar	2 fl. oz.	60 ml
Olive oil	3 fl. oz.	90 ml
Lemon juice	1 Tbsp.	15 ml
Lemon peel, grated	1 tsp.	5 ml
Garlic cloves, crushed	2	2
White wine	1 Tbsp.	15 ml
Dried red chile, chopped fine	1	1
Red kidney beans, soaked and cooked	8 oz.	250 g
Chickpeas, soaked and cooked	8 oz.	250 g
Lima or cannellini beans, soaked and cooked	8 oz.	250 g
Green onions, chopped	1 bunch	1 bunch
Salt and pepper	TT	TT

1 Steam the green beans until done but still crisp, approximately 3 to 4 minutes.

2 Combine the dressing ingredients.

3 Mix together all the drained beans and peas, and pour the dressing over them. Add the green onions, season with salt and pepper and toss to combine. Marinate for several hours before serving.

Approximate values per 3-oz. (90-g) serving: **Calories** 150, **Total fat** 8 g, **Saturated fat** 1 g, **Cholesterol** 0 mg, **Sodium** 210 mg, **Total carbohydrates** 14 g, **Protein** 5 g, **Iron** 10%, **Claims**—low saturated fat; no cholesterol; good source of fiber

RECIPE 22.39

BUTTERNUT SQUASH WITH BLACK BEANS

Yield: 24 oz. (680 g) **Method:** Steaming

Fresh butternut squash	10 oz.	300 g
Vegetable oil	1 Tbsp.	15 ml
Onions, chopped	3 oz.	90 g
Garlic cloves, minced	2	2

Sherry	2 fl. oz.	60 ml
Vegetable broth	2 fl. oz.	60 ml
Black beans, cooked	1 pt.	470 ml
Salt	½ tsp.	2 ml
Cumin, ground	½ tsp.	2 ml
Dried thyme	½ tsp.	2 ml
Green onions, sliced	3	3
Salt and pepper	TT	TT

1. Peel the squash and cut it into ½-inch (1.2-centimeter) cubes.
2. Heat the oil in a large sauté pan. Add the onions, garlic and squash and sauté until the onions are soft. Add the sherry and broth. Cover the pan loosely and simmer until the squash is tender, approximately 8 minutes.
3. Add the beans, salt, cumin and thyme and continue to simmer until the beans are thoroughly heated. Stir in the green onions and adjust the seasonings.

Approximate values per 4-oz. (120-g) serving: **Calories** 130, **Total fat** 3 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 240 mg, **Total carbohydrates** 21 g, **Protein** 6 g, **Vitamin A** 70%, **Vitamin C** 20%, **Iron** 10%, **Claims**—low fat; no saturated fat; no cholesterol; good source of fiber and vitamins A and C

RED BEANS AND RICE WITH ANDOUILLE

RECIPE 22.40

Yield: 10 Servings, 8 oz. (240 ml) of beans

Method: Simmering

Red kidney beans	1 lb.	450 g
Water	as needed	as needed
Spice mix:		
Bay leaves	5	5
Dried thyme	2 tsp.	10 ml
Dried oregano	2 tsp.	10 ml
Cayenne pepper	½ tsp.	3 ml
Black pepper	½ tsp.	3 ml
Water	1 gal.	4 lt
Smoked ham hocks	2	2
Celery, small dice	1 pt.	450 ml
Onions, small dice	1 pt.	450 ml
Green bell peppers, small dice	1 c.	225 ml
Garlic cloves	4	4
Andouille, sliced on the bias ¼ in. (6 mm) thick	1 lb.	450 g
Salt and pepper	TT	TT
Simmered Rice (page 701)	2 pt.	900 ml

1. Soak the beans in water overnight and drain.
2. Combine the spice mix ingredients and reserve.
3. In a heavy-bottomed saucepot, combine 1 gallon (4 liters) of water with the ham hocks, beans, celery, onions, bell peppers, garlic and spice mix. Bring to a boil, reduce to a simmer and cook for 1 hour.
4. Remove the ham hocks from the pot. Separate the meat from the bones and discard the skin, bones and cartilage. Cut the meat medium dice. Add the meat and the andouille slices to the pot and simmer, stirring often, until the beans are very tender and begin to break up, approximately 30 minutes. Add more water if necessary to prevent the beans from burning. Remove the bay leaves and adjust the seasonings.

Continued

5 To serve, mound a portion of the rice on a soup plate and ladle the red beans around it.

Approximate values per serving: **Calories** 430, **Total fat** 17 g, **Saturated fat** 6 g, **Cholesterol** 45 mg, **Sodium** 460 mg, **Total carbohydrates** 48 g, **Protein** 21 g, **Vitamin C** 30%, **Calcium** 10%, **Iron** 30%

RECIPE 22.41

SPINACH AND MUSHROOM CRÊPE WITH RED-WINE AND BROWN BUTTER SAUCE



HERBSAINT BAR AND RESTAURANT,
NEW ORLEANS, LA
Chef Donald Link

Yield: 10 Crêpes

Crêpes:		
Eggs	2	2
Flour	4 oz.	120 g
Milk	4 fl. oz.	120 ml
Whole butter, melted	2 oz.	60 g
Filling:		
Unsalted butter	1 tsp.	5 ml
Portabella mushrooms, medium dice	2	2
Salt	1/4 tsp.	1 ml
Black pepper	1/4 tsp.	1 ml
Garlic, minced	1/2 tsp.	3 ml
Spinach, stemmed	1/2 lb.	240 g
Red-Wine and Brown Butter Sauce:		
Granulated sugar	1 Tbsp.	15 ml
Red wine	1 pt.	450 ml
Whole butter	1 1/2 oz.	45 g

1 To make the crêpe batter, whisk the eggs together. Add the flour and whisk in the milk until smooth. Whisk in 1 tablespoon (15 milliliters) of melted butter. If the batter is too thick, adjust the consistency with water or additional milk.

2 Heat a 10-inch (25-centimeter) nonstick pan over moderate heat. Brush it with a portion of the remaining melted butter. Add 1 fluid ounce (30 milliliters) of batter to the pan. Swirl to cover the entire bottom of the pan with the batter. Cook the crêpe until lightly browned, turn and cook for a few seconds on the second side. Remove and reserve. Repeat with the remaining batter.

3 In a saucepot, melt the unsalted butter and sauté the mushrooms until soft. Season with salt and pepper, add the garlic and sauté for a few seconds. Add the spinach and cook until wilted. Remove from the pan. Season with salt and pepper.

4 Place a portion of the spinach mixture on each crêpe and roll the crêpes around the mixture (the browned side of the crêpe should be on the outside).

5 To make the sauce, combine the sugar and wine in a small saucepan and reduce by two-thirds. In a separate pan, heat the butter until it browns. Combine the wine reduction and the browned butter. The finished sauce will appear to have separated.

6 Serve one or two crêpes per person accompanied by roasted baby vegetables and drizzled with the Red-Wine and Brown Butter Sauce.

Approximate values per crêpe: **Calories** 190, **Total fat** 10 g, **Saturated fat** 6 g, **Cholesterol** 65 mg, **Sodium** 100 mg, **Total carbohydrates** 14 g, **Protein** 4 g, **Vitamin A** 40%, **Vitamin C** 10%, **Iron** 10%

FENNEL AND MUSHROOMS À LA GRECQUE

RECIPE 22.42

Yield: 18 Servings, 3 oz. (90 g) **Method:** Boiling

Mushrooms, small	1 lb.	500 g
Pearl onions, peeled	4 oz.	120 g
Olive oil	2 fl. oz.	60 ml
White wine	4 fl. oz.	120 ml
White stock	1 pt.	500 ml
Tomato concassée	12 oz.	360 g
Tomato paste	1 oz.	30 g
Lemon juice	1 fl. oz.	30 ml
Coriander, ground	1 tsp.	5 ml
Bouquet garni:		
Carrot stick, 4 in. (10 cm)	1	1
Leek, split, 4-in. (10-cm) piece	1	1
Fresh thyme sprig	1	1
Bay leaf	2	2
Salt and pepper	TT	TT
Fennel bulb, batonnet	1 lb.	500 g

1 Wash the mushrooms and trim the stems.

2 Sauté the onions in the olive oil, browning lightly. Add the white wine, stock, tomato concassée, tomato paste, lemon juice, coriander and bouquet garni. Season to taste with salt and pepper and bring to a boil.

3 Add the fennel and mushrooms and simmer for 15 minutes.

4 Remove from the heat and allow to cool to room temperature. Remove the bouquet garni. Adjust the seasonings and refrigerate. Serve chilled.

Approximate values per 3-oz. (90-g) serving: **Calories** 60, **Total fat** 3.5 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 240 mg, **Total carbohydrates** 5 g, **Protein** 2 g, **Vitamin C** 15%, **Claims**—no saturated fat; no cholesterol

BRAISED RED CABBAGE WITH APPLES

RECIPE 22.43

Yield: 16 Servings, 4 oz. (120 g) each **Method:** Braising

Red cabbage	3 lb.	1.4 kg
Bacon, medium dice	12 oz.	360 g
Onions, medium dice	8 oz.	250 g
Salt and pepper	TT	TT
Red wine	8 fl. oz.	250 ml
White stock	8 fl. oz.	250 ml
Cinnamon sticks	2	2
Apples, tart, cored and diced	12 oz.	360 g
Brown sugar	1 oz.	30 g
Cider vinegar	2 fl. oz.	60 ml

1 Shred the cabbage.

2 Render the bacon. Add the onions and sweat in the bacon fat until tender.

3 Add the cabbage and sauté for 5 minutes. Season with salt and pepper. Add the wine, stock and cinnamon sticks. Cover and braise until the cabbage is almost tender, approximately 20 minutes.

Continued

4 Add the apples, brown sugar and vinegar and mix well.
5 Cover and braise until the apples are tender, approximately 5 minutes. Remove the cinnamon sticks before service.

Approximate values per 4-oz. (120-g) serving: **Calories** 170, **Total fat** 11 g, **Saturated fat** 4 g, **Cholesterol** 20 mg, **Sodium** 540 mg, **Total carbohydrates** 11 g, **Protein** 8 g, **Vitamin C** 50%

RECIPE 22.44

BRAISED ROMAINE LETTUCE

Yield: 12 Servings, 5 oz. (150 g) each **Method:** Braising

Romaine lettuce	3 heads	3 heads
Onions, small dice	8 oz.	250 g
Celery, small dice	8 oz.	250 g
Carrots, small dice	8 oz.	250 g
Bacon, small dice	8 oz.	250 g
Brown stock	24 fl. oz.	700 ml
Salt and pepper	TT	TT

1 Trim the lettuce heads. Blanch them in salted boiling water and refresh.
2 Combine the onions, celery, carrots, bacon and brown stock in a saucepot and simmer for 10 minutes.
3 Quarter the romaine heads and trim off most of the core, leaving just enough to hold the leaves together.
4 Pour the brown stock mixture into a hotel pan and arrange the lettuce portions in the pan. Season with salt and pepper.
5 Cover the pan and braise in a 350°F (180°C) oven for approximately 1 hour. Serve each portion with vegetables, bacon and a portion of the cooking liquid.

Approximate values per 5-oz. (150-g) serving: **Calories** 140, **Total fat** 10 g, **Saturated fat** 3.5 g, **Cholesterol** 15 mg, **Sodium** 340 mg, **Total carbohydrates** 6 g, **Protein** 7 g, **Vitamin A** 50%, **Vitamin C** 30%

RECIPE 22.45

BRAISED PUMPKIN

Yield: 1 pt. **Method:** Braising

Vegetable oil	1 Tbsp.	15 ml
Pumpkin, fresh, large dice	1 pt.	475 ml
Vegetable stock	4 fl. oz.	120 ml
Soy sauce	1 Tbsp.	15 ml
Apple juice	1 Tbsp.	15 ml
Onions, chopped fine	6 oz.	180 g
White pepper	1/8 tsp.	0.5 ml
Salt	TT	TT
Green onions, sliced	4	4

1 In a sauté pan, heat the oil and sauté the pumpkin until lightly browned.
2 Add the stock, soy sauce, apple juice, onions and white pepper. Bring the mixture to a boil, cover and reduce the heat to a simmer.
3 Simmer the pumpkin for 10 to 12 minutes. Add salt to taste and garnish with the green onions.

Approximate values per 1/2-c. (120-ml) serving: **Calories** 70, **Total fat** 3.5 g, **Saturated fat** 0, **Cholesterol** 0, **Sodium** 380 mg, **Total carbohydrates** 8 g, **Protein** 2 g, **Vitamin A** 20%, **Vitamin C** 15%, **Claims**—no cholesterol, good source of vitamin A and C

ARTICHOKES STUFFED WITH ITALIAN SAUSAGE

RECIPE 22.46



Yield: 8 Servings **Method:** Braising

Artichokes	8	8
Bulk sausage meat	1 lb.	500 g
Onions, chopped fine	1 lb.	500 g
Garlic, chopped fine	2 Tbsp.	30 ml
Cumin, ground	1 tsp.	5 ml
Fresh cilantro, chopped	4 oz.	120 g
Fresh thyme	2 tsp.	10 ml
Fresh bread crumbs	4 oz.	120 g
Tabasco sauce	TT	TT
Salt and pepper	TT	TT
Olive oil	2 fl. oz.	60 ml
Chicken stock	1 qt.	1 lt

1. Trim the stem and barbs from the artichokes. Using a tablespoon, scoop out the choke from the center of each artichoke.
2. Cook the sausage meat, breaking it up into small pieces. Pour off the fat. Add the onions and garlic and sauté until tender.
3. Add the cumin, cilantro, thyme and bread crumbs. Season with Tabasco sauce, salt and pepper.
4. Stuff the artichokes with the sausage mixture.
5. Place the artichokes in a braising pan and drizzle with olive oil. Add the chicken stock.
6. Bring the stock to a boil. Cover and braise until the artichokes are tender, approximately 1 hour.

Approximate values per serving: **Calories** 420, **Total fat** 26 g, **Saturated fat** 7 g, **Cholesterol** 45 mg, **Sodium** 1270 mg, **Total carbohydrates** 29 g, **Protein** 18 g, **Vitamin C** 30%, **Calcium** 15%, **Iron** 20%